

# Ginseng

Prefers rich, well-drained soil in a shady place.

First discovered in the mountains of Northern China over 5,000 years ago and treasured for its almost mythical powers.



Genus  
Panax

It has an ability to help restore balance to the body and protect it from physiologic stress.

Ginseng is also believed to help lower blood sugar levels and enhance energy.

## Ginseng Infusion - 9

Ginseng Powder, Cardamom Pods,  
Lemon Peel, Honey, Hot Water



Hot infusion

Before ordering any food or drink please let a member of the team know if you have any allergies we need to be aware of. A discretionary 12.5% service charge will be added to your bill.

# Lemon Balm

Grows to a maximum height of 150cm and prefers light shade.

Cultivated for more than 2,000 years as a culinary and medicinal plant. During the Renaissance was thought to have life-extending properties.



Melissa officinalis

Said to relieve stress and anxiety. Contains a compound known as rosmarinic acid that is a potent antioxidant and has antimicrobial properties.

Also thought to help with increased cognition, focus and memory. Can be taken for task performance and concentration.



Lemon Balm Revival - 10

Homemade Lemon Balm Syrup,  
Mancino Sakura, Tonic Water

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# Gotu Kola

Thrives in moist, bog-like conditions with lack of direct sunlight.

used for thousands of years in India, China and Indonesia.

A member of the parsley family, it is regarded as one of the most spiritual herbs and said to develop the crown chakra and also to balance both hemispheres of the brain.

Centella  
Asiatica



Eden of Gotu Kola - 15

Gotu Kola Leaves, Seedlip Spice,  
Coconut Oil, Fresh Lime,  
Ginger Beer, Powdered Pineapple,  
Chives

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## Gotu Kola cont...

Both the leaves and roots contain key constituents that help the body to maintain healthy neurotransmitter function.

Promotes normal levels of mental alertness and sound memory, alongside supporting the body's inherent ability to acclimatise to temporary stress.

Gotu Kola & Lemon Balm  
Vegan Curry - 16 (vegan)

Gotu Kola, Cauliflower,  
Hasselback Butternut Squash,  
Lemon Balm



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# Ashwagandha

Both the leaves and roots contain key constituents that help the body to maintain healthy neurotransmitter function.

Promotes normal levels of mental alertness and sound memory, alongside supporting the body's inherent ability to acclimatise to temporary stress.



Withania  
Somnifera

## Ashwagandha Seabass - 19

Ashwagandha, Steamed Seabass,  
Hemp Oil, Fresh Lime,  
Pomegranate Dressing



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# Guarana

Guarana requires a hot and humid climate for optimal growth and is native to the rainforests of South America.

The plant is named after the Guarani tribe of the Amazon, using the seeds to brew a drink that was consumed before battle and during long walks to increase resistance to thirst, heat, and fatigue.

Believed to assist with weight loss, enhancing athletic performance, as a stimulant and also to reduce mental and physical fatigue.



Bright red fruit



Guarana utopia - 15

Guarana Soda, Amontillado Sherry,  
Mancino Bianco Ambrato,  
Citrus Juice

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## Cacao

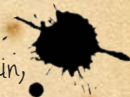
Grown 10 degrees either side of the equator in humid & tropical conditions with regular rain and short dry seasons.



Theobroma  
Cacao

With history steeped in the Mayan culture, cacao literally means 'food of the gods'.

Cacao stimulates release of endorphins in the brain, enhancing happiness.



Espresso Chocolate Mousse - 7  
(vegan)

Chocolate Mousse, Espresso, Cacao,  
Hazelnut Sauce, Caramel Popcorn

## Coffee

Optimal coffee-growing conditions include cool to warm tropical climates with rich soils.

Prime ingredient, caffeine, can help ease fatigue and increase energy levels, along with boosting one's metabolic rate.

Coffea  
Arabica



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# Matcha

To maximise benefits, it is best grown in a subtropical climate in shady spots with wet growing seasons.

The origins of matcha can be traced all the way back to the Tang Dynasty in China (7<sup>th</sup> - 10<sup>th</sup> centuries). Brought to Japan in the 12<sup>th</sup> century by a Buddhist monk, it became increasingly popular and formed the basis for the sophisticated art of Japanese Tea Ceremony.



*Camellia sinensis*

Matcha delivers a punch of antioxidants alongside both caffeine and L-Theanine, which when combined, give the benefit of an increase in concentration followed by calming relaxation.

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Matchi Mochi - 8

Matcha Mochi, Maca & Berry  
Syrup



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