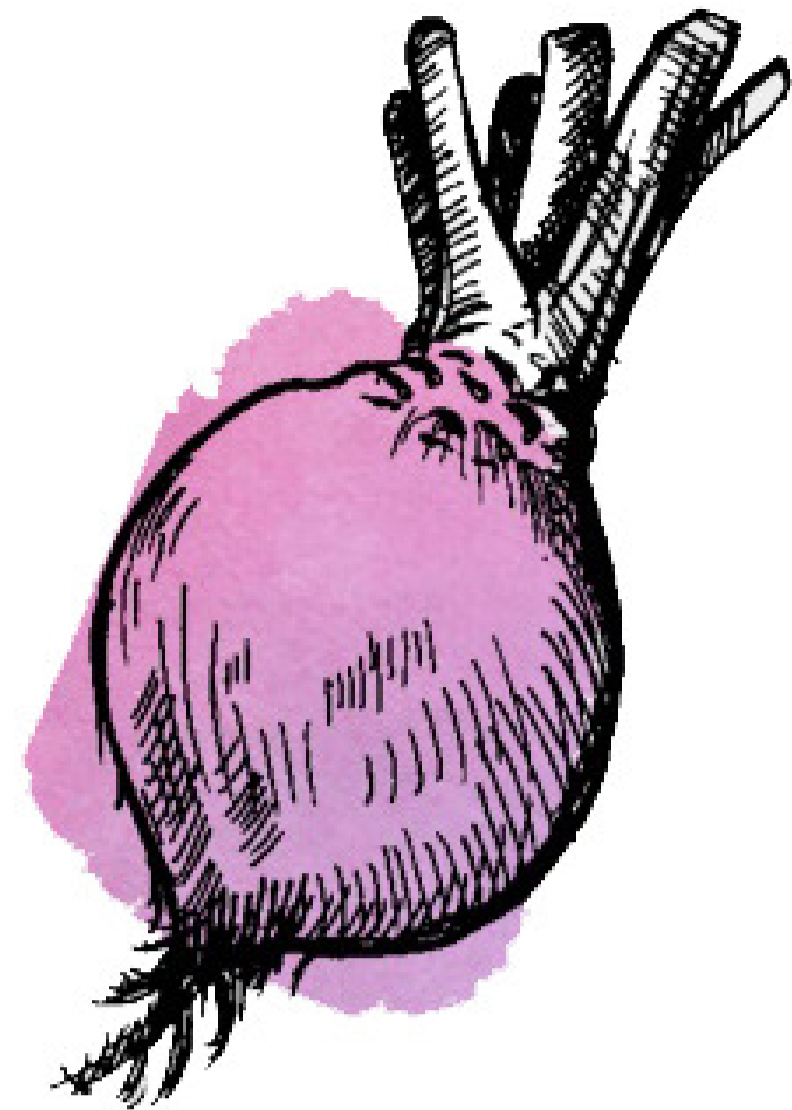
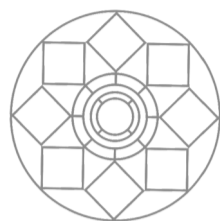


SOUL GOURMET LUNCH



AVAILABLE TO ORDER 48HRS IN ADVANCE
BOOKINGS FOR 7 OR MORE PEOPLE
LET US KNOW OF ANY DIETRY NEEDS

THE PHILOSOPHERS PARTY

THIS MEETING STARTS WITH A ASHWAGANDHA SHOT THIS ANCIENT AYURVEDIC HERB IS REFERRED TO AS 'STRENGTH OF A STALLION' IT REDUCES BRAIN CELL DEGENERATION, STRESS AND ANXIETY

KOMBUCHA + ASHWAGANDHA - STRENGTH OF A STALLION SHOT

EARTH BOWL

PLEASE SPECIFY IF YOU WOULD LIKE VEGAN, VEGETARIAN OR MEATS - PROTEIN BOARD

LARGE PLANT BASED BOWL WITH A RAINBOW OF GRAINS, PULSES + CHICKPEAS - MINI DESSERT

YUNNAN TEA

01

£11.5 PH

02

£13 PH

KARMA FOR YOUR SOUL

PLANT BASED MINDFUL LUNCH TO SET THE TONE FOR YOUR NOURISHED MEETING

SHOT OF SOUL GOLD - GIVE YOUR IMMUNE SYSTEM A TURMERIC BOOST

SUPER SOUL SALAD

MANDALA THALI - MEDLEY OF HUMMUS, DIPS, FLAT BREADS + FALAFELS

SPICED LENTIL DAHL - SERVED HOT

CARDAMOM INFUSED RICE

GUNPOWDER MINT TEA INFUSED WATER

BRAIN BOX

SPINACH + KALE + MANGO - SHOT OF TROPIKALE KICK

OPEN ORGANIC RYE BREAD SANDWICH

AVOCADO, CHERRY TOMATOES + SUNFLOWER SEEDS

BUDDHA BOWL SALAD

ROASTED SALMON FILLETS

SOUL PROTEIN BALLS

NUTTY BOWLS

03

£14 PH

04

£15 PH

THE RETRO

SERVED ON RECORDS

ORGANIC GOURMET SANDWICH SELECTION

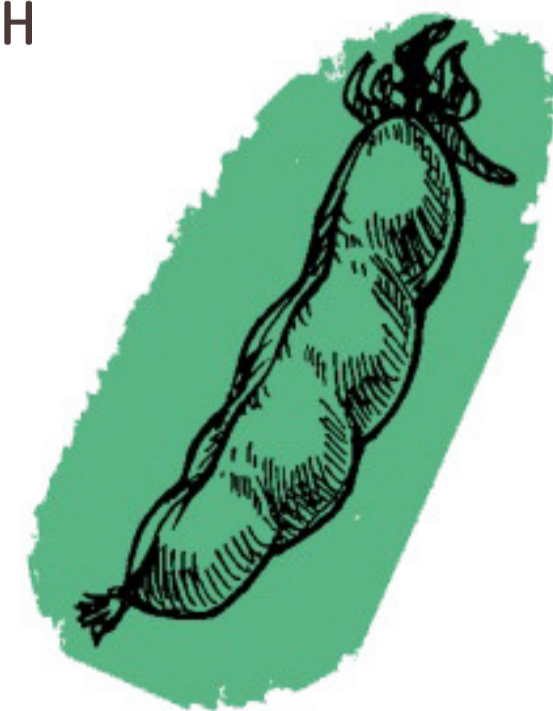
SOUL TAKE ON SAUSAGE ROLLS

POTATO SALAD WITH A CHIVE & YOGHURT DRESSING

HOME-MADE QUICHE

PESTO PASTA SALAD

PETIT FOUR



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