

Evening Menu

Nibbles

Avocado & pesto bruschetta

£7

V GF

Cherry tomato & red onion salsa
bruschetta

£7

V V GF

Sharing

Meze platter for two

slow roast aubergine, lemon, parsley
& chilli dressing, drizzled with Belazu
tahini. Free range Norfolk White
chicken liver pate, crab apple &
blackberry jelly. Epiros feta baked
with pomegranate molasses, blossom,
balsamic roasted figs, toasted
hazelnuts & dressed winter leaves

£22

GF

*replace chicken liver pate with
portobello mushroom & walnut pate

V N GF

Starters

Our seasonal soup, warm homemade bread & butter

£7.5

GF

Epiros feta baked with pomegranate molasses, blossom, balsamic
roasted figs, toasted hazelnuts & dressed winter leaves

£8.5

V GF N

Vietnamese coconut, lemongrass, lime & coriander broth

£7.5

add chicken + £3 add crevettes + £6

V V GF

Twice- baked Lambton & Jackson smoked salmon
souffle, pecorino & cream glaze

(can be dairy free)

£9

GF DF

Free range Norfolk White chicken liver pate, crab
apple & blackberry jelly, toast

£8.50

GF

Portobello mushroom & walnut pate, pickled Champignon
De Paris mushrooms, homemade damson jam, toast

£8

V V GF N GF

Mains

Aubergine, sweet potato & spinach fragrant Thai curry

served with cauliflower pilau rice, garnished with apricots, coconut yoghurt, toasted flaked almonds & pistachios with freshly chopped
coriander & chilli

£21

V V GF N GF

The Après homemade burger

free range pork, beef, apple & caramelised onion burger with our pickled cherry tomatoes, sweet pickled red onions, watercress,
homemade mustard mayonnaise & red pepper chilli jam served in our bun with sweet potato fries, chilli, coriander yoghurt dipping
sauce, rocket & watercress garnish

£18

DF GF

Butternut squash, carrot, sweetcorn & spring onion burger

tomato, avocado, our pickled cherry tomatoes, sweet pickled red onions, watercress, homemade mustard mayonnaise & red pepper chilli
jam served in our bun with sweet potato fries, chilli, coriander yoghurt dipping sauce, rocket & watercress garnish

£18

V V GF GF

add cheddar + £1.5

add bacon + £3

Pan roasted duck breast

with crispy pancetta, creamed Savoy cabbage, mashed potatoes & toasted hazelnuts

£24

N GF

Fillet of Chalk Stream River Trout

baked in a paper pocket, cherry tomato filled roast red pepper, wilted spinach & crushed new potatoes

£19

DF GF

Lemon & thyme roast chicken & butternut squash risotto

with dressed rocket & garnished with pecorino

£19

GF

Sides

all £5.50

Sweet potato fries

V V DF GF

Stir- fried savoy, white wine, lemon
juice, toasted hazelnuts

V V GF N GF

Chargrilled broccoli with chilli &
garlic infused extra virgin olive oil,
lemon & toasted flaked almonds

V V GF N GF

Wilted spinach, lemon juice & extra
virgin olive oil, toasted pinenuts

V V DF GF

All our dishes are freshly prepared to order and each are served as soon as they are ready; please bear with us during our busy periods.
A word about food allergies and intolerances: we are unable to guarantee the absence of nuts and other allergens in our dishes, so please speak to our staff about the ingredients in your dish when ordering.

A discretionary 12.5% service charge will be added to your bill

V vegan V vegetarian DF dairy free N contains nuts GF gluten free

OUR MISSION AND OUR SUPPLIERS



Nothing about what we do and what we stand for is conventional. Our goal has always been to create something that will stick. Forever. Something that is essential understanding for us all. Our goal is to create a catalyst for conversation and to inspire people to evaluate their lifestyle and what and how they eat, understanding the impact this has on their body and life.

We are sharing knowledge about how our bodies function, using the science-based, holistic, patient-centred approach of functional nutrition, paired with years of experience in the kitchen. We want to dispel the common myths around food to help understand how our bodies behave and why, so that we can make educated decisions for ourselves. A lot of people still don't understand the power of the food they are eating.

We think it's more important than ever for us all to be accountable. Accountable for the health of our body and for the health of our planet. As you can see from the lovely suppliers we've partnered

with and the packaging we use - all of which is plant based, without the use of plastics.

Faced with fundamentally broken food and health systems, often distorted by profit and political gain, systems living off of our ignorance, but... we can no longer be ignorant. We cannot change what we don't know. So Catherine (a chef and accredited nutritional therapist in functional nutritional medicine) and Danny came together to show you what you may not know. And once you know... what will you do? How will you adapt?

We believe that health starts with the food you eat; our menu is packed full of delicious recipes using natural and nutrient-rich ingredients that taste amazing and leave you feeling good. This is food you want to eat, and the twist is it's actually truly health-giving too!

Our revolution overturns the conventional idea of healthy food and healthy eating... we will show you how.



The Butchers Block supply all of our meat. They are a traditional catering Butchers and proud members of the sustainable restaurant association, demonstrating this commitment to sourcing fairly reared and sustainable produce. This helps to protect the environment and gives back to our local and wider community. All their produce comes from small family run farms across the UK who rear their livestock traditionally.

They supply our free-range fully traceable meat, from happy animals, fed on grain, grass and hay which don't contain additives, steroids or GM ingredients.



We work with Natoora who supply all of our fruit and vegetables, many of our cheeses, The Estate Dairy milk and cream, charcuterie & our Cornish St.Ewe free-range eggs. Natoora work with small scale farmers who choose to grow organically despite the fact that they are not certified as such.

Natoora source radically seasonal produce that highlights the true cost of farming; protects the land from soil depletion and favours sustainable, nutritionally dense crops with revolutionary flavour.



Infinity Foods are one of the UK's leading national and international distributors of high quality, organic, biodynamic, fairtrade and natural products. They supply all of our dry goods.