



BREAKFAST

Bitter and probiotics

Range of herbal teas

Please choose one...

FUL MEDAMES

With Poached Free-Range Eggs

SCRAMBLED FREE RANGE EGGS

Button Mushrooms, Chives

ROASTED PLUMS

Orange & Cashew Crunch

SPRING ONION AND PARSLEY OMELETTE

Red Peppers, Chilli

SPICED CHIA

Pear & Macadamia



LUNCH

Bitters and Probiotics

Fermented Curtido

ACIDULATED BEETROOT AND HORSERADISH SOUP
Kefir, Toasted Pumpkin Seed

Please choose one...

SADDLE OF SOUTHDOWN LAMB
Pea, Mint and Hay-baked Turnip

LEMON SOLE
Confit Fennel, Courgette, Devonshire Crab Butter

All served with a side of greens, kale, turnip and cashew



GOODWOOD
HEALTH & WELLBEING

DINNER

Please choose one...

MAPLE ROASTED PARSNIP SOUP

CURED CHALK STREAM TROUT

Seaweed emulsion, radish, sea herbs

OYSTER MARINATED FLAT IRON STEAK

Roasted cauliflower puree, spiced lentils, marrow shaft

LINE CAUGHT SARDINES

Sweet potato, chick pea

All served with a side of seasonal vegetables