



# WELLBEING

THE DISHES LISTED BELOW HAVE BEEN DESIGNED TO HELP MAINTAIN A HEALTHY GUT FLORA. THE INGREDIENTS IN THESE DISHES CONTAIN MANY HEALTH BENEFITS INCLUDING INULIN, FIBRE AS WELL AS PROBIOTICS AND PREBIOTICS.

## Vegetarian

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<b>FERMENTED VEGETABLES</b>	6.00
<i>Kimchi and flaxseed</i>	
<b>CHARRED &amp; PICKLED VEGETABLE SALAD</b> (V)	9.50
<i>Candied hazelnuts</i>	
<b>SPICED CAULIFLOWER, BROCCOLI &amp; CELERY SALAD</b> (V)	9.00
<i>Turmeric, toasted mustard, nigella &amp; pumpkin seeds</i>	
<b>MIXED QUINOA AND PICKLED SUMMER BEAN SALAD</b> (V)	9.00
<i>Pistachio nuts, honey, soy and ginger</i>	
<b>SMOKED, GRILLED TOFU &amp; SOBA NOODLES</b> (V)	9.50
<i>Bean sprouts, cucumber, spring onions and coriander</i>	

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We also have a range of refreshing LA Kombucha drinks...

<b>LA KOMBUCHA GINGER</b>	4.50
<b>LA KOMBUCHA STRAWBERRY</b>	4.50
<b>LA KOMBUCHA LEMONGRASS</b>	4.50

FOODS DESCRIBED WITHIN THIS MENU MAY CONTAIN NUTS, DERIVATIVES OF NUTS, OR OTHER ALLERGENS. IF YOU SUFFER FROM AN ALLERGY OR FOOD INTOLERANCE, PLEASE INFORM A MEMBER OF THE TEAM.

AN OPTIONAL 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL WHEN DINING IN THE MAIN RESTAURANT OR THE MAIN RESTAURANT PATIO.