

FOOD WELL DINNER

SUPERFOOD COCKTAILS

LAVENDER & ALOE VERA MARTINI 9

LIGHT - BALANCED - VIOLETS

Tanqueray, maraschino, lavender, lemon, aloe vera juice

ALOE HONEY 8

LIGHT - BALANCED - CLEAN

Ketel one vodka, xeco fino sherry, aloe vera juice, honey, chilli, soda

PLUM & GINGER FIZZ 8

SPARKLING - SWEETENED - SPICE

Prosecco, plum & ginger shrub, lemon

CARIBBEAN PINEAPPLE 9

OLD FASHIONED

DARK - FRUITY - WARM

Havana especial, caribbean pineapple, buckspice ginger bitters, pineapple ice ball

BEETROOT TOMMYS 9

EARTHY - CITRUS - FRAGRANT

Beetroot infused el jimador, agave, lime

ROSE & GOJI MARTINI 8.5

FLORAL - BALANCED - CUTE

Glendalough rose gin, fair goji, lemon, aquafaba

PEAR DROP 9

RICH - WARMING - ZESTY

Martell vs, pear, lemon foam

SMALL PLATES

FRESH GUACAMOLE 5

Lime and chilli smashed avocado, with mixed coloured corn tortillas. **V N GF**

WHIPPED BURRATA & FLATBREAD 8

Whipped buffalo burrata, slow roasted broken tomatoes, basil oil, preserved lemon, pine nuts and lemon balm. **V N**

SATAY CHICKEN SKEWERS 9

Chargrilled crispy chicken thigh skewers, peanut penang sauce, sour thai slaw, toasted nuts and seeds. **N**

PULLED RAS ELHANOUT LAMB 9

Pulled braised lamb shoulder roasted in ras el hanout, Jerusalem artichoke puree, pickled red onions, dukkah, harissa, rose and sumac yoghurt. **N GF**

SALMON & PASSION FRUIT CEVICHE 9

Sliced salmon with passion fruit tiger's milk, purple peruvian potatoes, mixed pickled beets, avocado puree and lotus root crisp. **GF**

THAI RED CURRY BEEF SKEWER 11

Fillet steak skewer, red curry sauce, pickled cucumber, mint & coriander, Togarashi, pineapple and flat bread

JUMBO TANDOORI KING PRAWN 14

Jumbo prawns, grilled in a spicy pathia tamarind, pineapple and mango salsa. **GF**

LOBSTER NACHOS 15

Torn lobster smothered in grilled thermidor cheese with mixed tortillas, guacamole, tomato and green salsa.

MISO BLACK COD 22

Roast miso black cod, pickled ginger, cucumber and miso dip. **GF**

Vegetarian **V** Vegan **VG** Contains nuts **N** Gluten free **GF**

PLEASE TURN ME OVER...

NOURISH BOWLS

VEGAN & GLUTEN FREE
OPTIONS AVAILABLE

RAMEN (ADD CHILLI) 8

REMOVE NOODLES FOR LOW CARB

Tender stem broccoli, beansprouts, rainbow vegetables, edamame, lime, and soft boiled egg

POKE BOWL 8

REMOVE RICE FOR LOW CARB

Whole grain miso rice, pickled red cabbage and ginger, edamame, avocado, rainbow beets, caramelised pineapple, soy and sesame dip.

PROTEIN TOPPINGS

FILLET STEAK SKEWER 5

CHICKEN SKEWER 4

GRILLED HALLOUMI 4

SPICY COATED 4

SMOKED TOFU

RAW SALMON 5

RAW TUNA 5

LARGE PLATES

SEABASS & PRAWN CURRY 18

Grilled seabass and king prawns, charred corn, thai sour noodle salad, lychee, pineapple and red coconut curry sauce. **GF**

STEAK & "CHIPS" 22

Chargrilled 6oz fillet steak, mixed mushrooms, slow roasted tomatoes, jerusalem artichoke wedges and kale chimichurri.

ROAST GUNPOWDER DUCK & BURNT CAULIFLOWER 17

Indian spiced crispy duck, black dahl, roasted cauliflower, coriander, mint and chilli. **GF**

COCONUT KATSU CURRY 15

Coconut coated chicken breast, pickled ginger vegetable salad and Katsu curry sauce.

FOODWELL BURGER 10

Stacked, chargrilled lean beef burger on superfood brioche, chipotle sour cream, grilled cheese, zingy green salsa, avocado, baby gem and crispy onion.

SIDES

ALL SIDES 4

SEASONAL MIXED LEAF SALAD **VB GF**

CHARGRILLED HISPI CABBAGE

Miso dressing, crumbled feta. **GF**

BALTI HASSELBACK POTATOES **VB GF**

JERUSALEM ARTICHOKE WEDGES

Smoked sumac salt. **VB GF**

BROWN MISO SUSHI RICE **VB GF**

SEASONAL TOGARASHI
VEGETABLES **VB GF**

HALLOUMI FRIES

Greek yoghurt, pomegranate, mint. **V GF**

DESSERTS

COCONUT BLACK RICE PUDDING 7

Sweetened vanilla black rice, coconut milk, sweet miso, exotic fruits. **V GF**

ICED LEMON MERINGUE PARFAIT 7

Candied fennel, liquorice caramel.

STICKY PARSNIP PUDDING 7

Granny smith apple purée and sorbet, parsnip crisp. **V**

MANGO SET CREAM 7

Passion fruit, Greek yoghurt & mango sorbet. **V**

CHOCOLATE PLANNT BROWNIE 7

Peppermint & buckwheat brownie, aquafaba meringue, chocolate ice cream.

GINGER & LEMONGRASS PLANNT CHEESECAKE 7

Blood orange purée, 'honeycomb' and pineapple. **VB N GF**