

ESPA *life*
AT CORINTHIA

“Food for the body is not enough.
There must be food for the soul.”

DOROTHY DAY

MINDFUL NUTRITION

HEALTHY APPETIZERS

Superfood Salad

Avocado, Spring Onions, Alfalfa, Mung Beans and Cucumber (Vg)

£14

Organic Salmon and Green Mango Carpaccio

with Blueberries, Toasted Almonds and Lemon Compote (N)

£15

Buffalo Mozzarella and Tomato Salad

with Asparagus, Turmeric and Extra Virgin Olive Oil Dressing (V)

£13

English Green Peas and Mint Velouté

with Black Olive Tapenade and Gluten Free Croutons (Vg)

£11

(V) Vegetarian (Vg) Vegan (N) May contain nuts (G) Contains Gluten

All prices are inclusive of 20% VAT. A 12.5% discretionary service charge will be added to your final bill. Should you have any questions regarding the content or preparation of any of our food please ask one of our team.

NUTRITIOUS MAINS

Green Tea Marinated Veal Fillet Paillard
with Spinach, Puy Lentils, Cocoa and Black Pepper Sauce
£28

Seared Fillet of Seabream
with Tenderstem Broccoli, Quinoa, Capers and Tomato Crudaiola
£26

Wild Mushroom Risotto
with Truffle Oil, Red Quinoa, Vegetarian Parmesan
£19

SWEET TREATS

Chia Seed and Olive Oil Cake
with Opalys and Mango Whipped Ganache (G)
£11

Banana Compote with Avocado Cream
with Low Fat Yoghurt, Macadamia Crumble (N)
£11

Victoria Pineapple, Lime and Coriander Salad (Vg)
£11

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LIQUID HEALTH

OPTIMAL WELLBEING JUICES AND SMOOTHIES

Antioxidant Booster	£9.50
<i>Beetroot, Grapefruit, Carrots, Ginger and Lemon</i>	
Daily Immunity	£10
<i>Beetroot, Pineapple, Cucumber, Turmeric and Alkaline Ionised Water</i>	
Digestive Support	£9.50
<i>Apple, Grapefruit, Mint and Ginger</i>	
Bright Eyes	£9.50
<i>Carrot, Cucumber, Lemon and Ginger</i>	
Green and Lean	£12
<i>Spirulina, Avocado, Cucumber, Spinach, Apple and Lemon</i>	
Five a Day	£10
<i>Kale, Spinach, Cucumber, Celery, Coriander and Lime</i>	
Hydration and Energy Boost	£10
<i>Strawberries, Blueberries, Raspberries, Lime, Mint, Alkaline Ionised Water and Dates</i>	

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ENERGISING PROTEIN SHAKES

£12 each

We've thoughtfully selected the finest natural ingredients to create Form's advanced plant-based nutrition range. Combining the latest research with carefully crafted flavours our innovative range is a great tasting way to support your peak performance.

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Blissful Berries

A berry blast packed full of anti-oxidants and Form's Pureblend Protein to help you stay lean and fuller for longer.

Raw Coconut Water, Form Pureblend Protein, Blueberries, Raspberries, Strawberries, Cashew Nut Butter

Daily Greens

Light and refreshing, this shake combines Form's Performance Protein to recover post workout with coconut water and greens to rehydrate and refresh.

Raw Coconut Water, Form Vanilla Performance Protein, Pineapple, Kiwi, Avocado, Fennel, Spinach, Mint

Chocolate Mochaccino

An indulgent pre or post workout shake. Formulated with Form's Performance Protein to help you build muscle, recover and meet your training goals quicker.

Almond Milk, Form Chocolate Peanut Performance Protein, Banana, Shot of Cold Coffee, Chia Seeds, Vanilla Extract, Cinnamon

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Choco Chia Coconut

Rehydrating and nutrient rich with omega 3 from chia seeds, this shake is a replenishing treat for body and mind.

Raw Coconut Water, Form Chocolate Salted Caramel Superblend Protein, Coconut Cream, Banana, Chia Seeds, Coconut, Cardamom

Caramel Frappuccino

Perfect pre-workout, this indulgent shake with coffee and oats will give you a lift before you get ready to lift.

Oat Milk, Form Chocolate Salted Caramel Superblend Protein, Oats, Medjool Dates, Almond Butter, Shot of Cold Coffee, Vanilla Extract, Cinnamon

WATER

	330ml	750ml
Still or Sparkling Water	£3.50	£5.50
Coconut Water	£6	

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TEAS & TISANES

Bespoke teas blended for Corinthia Hotel London by Camellia's Tea House, a speciality tea company that designs and hand-blends high quality teas.

Fresh Ginger & Lemon	£7
Fresh Mint	£7
Beautiful Skin Infusion	£8
Red Clover, Elderflower, Chickweed, Nettle, Dandelion, Chamomile and Rose	
Muscle Relaxer	£8
Chamomile, Passion Flower, Lemon Grass, Oat Straw and Spearmint	
Sleep Well	£6
Chamomile, Lemon and Spearmint	
Rooibos Vanilla	£6
Rooibos Vanilla brings together caffeine-free Redbush herbal from South Africa with sweet Indian spices of Clove, Cardamom, and Cinnamon	
Corinthia Signature Breakfast Blend	£6
A delicious combination of black teas grown at a high altitude in Indian regions of Assam, Ceylon, Darjeeling and Keemun, China. This is a full-bodied tea with aromatic and spicy undertones	
Matcha Recovery	£9
Full of antioxidants and proven to lower cholesterol and blood sugar, Matcha Tea has a slightly nutty, bitter-sweet flavour and a deep green colour	

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COFFEE

Rainforest Alliance Certified Arabica Beans -
full bodied coffee with a great depth and intensity.

Espresso, Ristretto, Macchiato	£4.50
Double Espresso, Cappuccino, Caffè Latte, Mocha, Americano	£6

* Contains Caffeine

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HOTEL
LONDON