

# BOTANICA

## Sample all day menu

### Bakery

Please ask a server for our daily offering.

### Fruit

Poached Pear and ginger porridge – crystallised ginger – toasted flax seeds

/ £9 GF PB

Chocolate & orange marmalade Bircher muesli – candied orange

/ £9 GF PB

Blackcurrant sundae – Coconut yoghurt – homemade apple & cinnamon granola

/ £9 GF PB

### Botanica Brunches

Warm ham hock – toasted muffin – apricot bacon jam – smoked apricot dressing

– fried egg GF / £14

Smashed Pumpkin – mulled spiced cranberries – pumpkin seeds – charred focaccia

/£11 PB

Sautéed wild mushroom and spinach bruschetta – onion purée – garlic pesto

/ £13 PB

Sussex smoked salmon – Linseed Bagel – Pickled cucumber – Poached egg – lemon &

black pepper dressing / £17

Botanica pancakes – Apple compote – coconut yoghurt – cinnamon oat crumble

/ £11 GF V

Pancetta and haricot bean cassoulet – grilled olive bread – streaky bacon

– fried hens egg / £14

A discretionary service charge of 13.5% will be added to your bill, which is shared in full with the team that created your experience. All prices are inclusive of VAT.

## Juices

/£5, added tincture £7.5

Our juices are freshly blended in house, with the option to add our bespoke, active botanical tinctures made exclusively for us by The Herball for the perfect blend of flavour and revitalising refreshment

### Apple & beetroot

Energy – This botanical is a heart and nervous system tonic, reducing stress levels and nourishing the nervous system

### Pear & cranberry

Beauty – Full of natural digestive enzymes and anti-bacterial plants this botanical is bursting with natural plant enzymes to help nourish and strengthen digestive function and skin health

### Orange, carrot, ginger & pink grapefruit

Immunity – Sunshine in a bottle, an invigorating and nourishing tonic for the stomach, nervous system, endocrine and immune system

### Pear, cucumber & spinach

Tranquility – A unique green juice with abundance of vital nutrients and minerals combining the best of land and sea. Packed full of blood cleansing and antioxidant constituents to revive and invigorate

## Other juices

/£4

Orange, Apple, Tomato, Grapefruit, Cranberry

## Coffees

(all coffees are made with dairy free oat milk) /£4.25

Cappuccino (standard or ridiculous), Latte, Americano, Espresso, Flat white, Macchiato

## Teas

(all teas are paired with dairy free milk of your choice) /£4.25

Botanica blend, Lady Godman grey,

South Lodge blend, The Spa signature Jasmine, Chamomile, Peppermint, Lemon

Verbena

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