

Wellbeing Month



For January we've created a special menu featuring hero ingredients that can help boost your mental and physical health. Hopefully you'll feel restored and energised after trying these!

SMALL PLATES

Butternut squash and harissa hummus, flatbread 6 (vg)

Butternut squash is high in omega 3, which slows cognitive decay. Magnesium in chickpeas helps blood reach the brain

Bang Bang cauliflower, gochujang sauce 6.5 (vg)

Cauliflower is a source of choline - an essential nutrient for mood and memory

Kale, apple and fennel salad, maple and lemon dressing 7 (vg)

High potassium in fennel seeds improves cognitive performance, while apples help preserve key neurotransmitters

MAINS

Roasted hispi cabbage, smoked romesco, tahini, smoked almonds 11 (vg)

Cabbage is a powerful brain food that helps focus and concentration. Red peppers are one of the highest veggies in lycopene, which has been successfully tested in the prevention of cancers

Broccoli risotto, cauliflower steak, hazelnuts, sultanas, cavolo nero 12 (vg)

Broccoli is rich in brain-boosting antioxidants and supports healthy ageing, enhanced memory and reduced anxiety

Spiced aubergine, black rice, coconut yoghurt, herb oil 12 (vg)

Aubergine contains lutein, said to improve eye health, while its other antioxidants can reduce the risk of heart disease

DESSERTS

Brownie, chocolate-chip ice cream 6.5 (vg)

Chocolate stimulates "falling in love" neurochemicals and increases mood-regulating serotonin

Cashew parfait, apple jam and granola 6.5 (vg)

Cashews are rich in Vitamin B6 - as little as two handfuls a day can elevate your mood

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These no- and lower-alcohol cocktails are available during January, and each has been specially created to show off some health-lifting ingredients. Choose yours wisely!

NON-ALCOHOLIC COCKTAILS

Vita

Aloe vera juice, kiwi puree, apple juice, lemon juice **7**

A high-vitamin cocktail. Aloe vera juice helps optimise your liver and kidney functions

The Garden of D-Tox

Seedlip Garden, Black Olive & Rosemary Tonic **8**

Black olives contain healthy fats that increase good cholesterol. Rosemary is known to lift alertness

LOWER ALCOHOL COCKTAILS

These cocktails are made from liqueurs with a lower ABV than standard cocktails

Must 8 (22% ABV)

Mastiqua liqueur, apple juice, mixed spice syrup, lemon juice, basil **8**

The vitamin C from apple and lemon juice reduces the risk of heart disease and stroke.

Mastiqua, a Greek digestive aid, has been relied on by families for centuries

Vero Not Zero (14% ABV)

Belsazar Rose, berries, tea, Campari, pink grapefruit and bergamot tonic **9**

Berries and tea are great sources of the antioxidants that protect cells and reduce disease risk

Follow us on Instagram @greenroomlondon for other wellbeing tips throughout January