

FORUM  
Feel Good  
Menu

eat well & feel good

Wellness Bowls

Açaí Berry Bowl | £8.50

Welsh yoghurt, açai berry purée, blueberries, flaxseeds, chia seeds, goji berries, nutty granola  
(V,W,O,R,B,WN,A,P,D,SE)

- Wellness benefits:**  
**Açaí berries** – Rich in antioxidants, supports heart health  
**Blueberries** – High in vitamin C and fibre, boosts immunity  
**Flaxseeds & chia seeds** – Excellent source of omega-3 fatty acids, aids digestion  
**Goji berries** – Packed with vitamins and minerals, promotes healthy skin  
**Granola** – Provides sustained energy and fibre for digestive health

Chia Seed Pudding Bowl | £7.50

Coconut cream, mango purée, toasted coconut flakes (V)

- Wellness benefits:**  
**Chia seeds** – High in fibre and omega-3s, supports gut health  
**Coconut cream** – Provides healthy fats for energy and satiety  
**Mango** – Rich in vitamin A and C, boosts immunity and skin health  
**Toasted coconut flakes** – Adds minerals and healthy fats for sustained energy

Smoothies

Açaí Berry Smoothie | £5.50

Açai berry purée, apple juice, chia seeds (V)

- Wellness benefits:**  
**Açaí berries** – Powerful antioxidant properties, supports energy levels  
**Apple juice** – Natural source of hydration and vitamin C  
**Chia seeds** – High in fibre and protein, helps maintain satiety

Green Reviver Smoothie | £5.50

Mango, banana, kale, lemongrass (V)

- Wellness benefits:**  
**Mango** – Rich in vitamins A and C, supports immunity  
**Banana** – High in potassium, aids muscle function and energy  
**Kale** – Packed with iron and antioxidants, supports detoxification  
**Lemongrass** – Known for calming properties and digestive support

Blue Blast Smoothie | £5.50

Peach, pineapple, banana, apple, lime, spirulina (V)

- Wellness benefits:**  
**Peach & pineapple** – High in vitamin C, supports skin health  
**Banana** – Provides potassium for energy and muscle health  
**Apple & lime** – Boost hydration and immunity  
**Spirulina** – Superfood rich in protein and antioxidants

Smoothies

Pineapple Sunset | £5.50

Pineapple, mango, and papaya (V)

- Wellness benefits:**  
**Pineapple** – Contains bromelain for digestion and anti-inflammatory benefits  
**Mango** – Supports eye health and immunity  
**Papaya** – Rich in enzymes and vitamin C, aids digestion

Berry Burst | £5.50

Blackcurrant, banana, blackberry, blueberry (V)

- Wellness benefits:**  
**Blackcurrant & blueberry** – High in antioxidants, supports brain health  
**Banana** – Provides energy and potassium  
**Blackberry** – Rich in fibre and vitamins for gut and skin health

A discretionary 10% service charge will be added to your bill.  
Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.  
**Gluten Allergy:** (B) Barley, (O) Oats, (R) Rye, (SP) Spelt, (W) Wheat  
**Nut (Tree Nut) Allergy:** (A) Almonds, (BN) Brazil nuts, (CN) Cashew nuts, (H) Hazelnuts, (PS) Pistachios, (PN) Pecan nuts, (WN) Walnuts  
**Other Allergy:** (C) Celery, (CR) Crustaceans, (D) Dairy/milk, (E) Eggs, (F) Fish, (L) Lupin, (M) Molluscs, (MU) Mustard, (P) Peanuts, (SE) Sesame seeds, (S) Soya, (SD) Sulphur dioxide  
**Lifestyle:** Plant-based, (V) Vegetarian