

FLAVOUR

URBAN RETREAT

FlavoUR brings healthy food to Knightsbridge, with a menu inspired by international culture, lifestyle & wellness

Beverages & Spirits

WATER

Filtered Still & Sparkling water 500ml £3
 Filtered Still & Sparkling water 750ml £5

JUICES

Natural Adamow Juices £5.50
*Apple, Pear, Apple & Celeriac,
 Apple & Beetroot, Wild Elderberry*

FRESH JUICES

Wake Up £7
Carrot, apple, ginger

Green Refresher £7
*Romaine lettuce, spinach, cucumber, apple,
 celery, fresh herbs, lemon*

Rainbow Zinger £7
Beetroot, carrot, orange, lime

Nutri-Tonic £7
Celery, grapes, strawberries, pineapple

SMOOTHIES

Tropical £8
*Pineapple, passion fruit, mango, banana,
 coconut milk*

Super Berries £8
*Acai berry powder, goji berries, strawberries,
 raspberries, blackberries, banana, Manuka
 honey, almond milk*

Vegan Chocolate Bounty £8
*Chocolate chips, vegan vanilla ice cream,
 raw cacao, coconut yoghurt, maple syrup,
 coconut milk*

Dream Green £8
*Spinach, parsley, celery, cucumber, fresh
 ginger, apple, lime*

Express-O £8
*Espresso coffee, cacao nibs, cocoa powder,
 almond butter, banana, agave syrup,
 almond milk*

Add one of the below to your
 juice or smoothie £2

*Brown rice Protein, Hemp Protein, Hemp
 Juice, Whey Protein, Immune Boost, Zeolite,
 Spirulina, Chlorophyll, Super Berry Powder,
 Goji Berries, Acai Berry Powder, Manuka
 Honey, Almond Butter, Peanut Butter, Flax
 Seeds, Chia Seeds*

WELLNESS SHOTS

£4.50

Detox Shot
*Apple cider vinegar, colloidal silver,
 cinnamon, lemon, cayenne*

Immunity Shot
*Turmeric, ginger, apple cider vinegar,
 oregano oil, grapefruit seed oil, lemon,
 cayenne*

Power Wellness Shot
Celery, mint, chlorella, apple juice

Beet It Shot
Carrot, beetroot, ginger, apple, celeriac

Restore
*Aloe, chlorophyll, turmeric, dandelion root,
 milk thistle, lime*

INFUSED TEA

£5.50

*Rooibos, Hibiscus & Pomegranate,
 Chamomile, Lemongrass & Ginger,
 Peppermint, Fresh Mint, Rose, Fresh Ginger,
 Green Jasmin, White Pai Mu Tan, Forest
 Berries, English breakfast, Earl Grey, Whole
 Fennel Seed, Liquorice & Fennel, Yerba Mate*

COFFEE & HOT BEVERAGES

All coffees are available with a
 choice of the following milks
*Coconut, Almond, Oat, Hazelnut, Rice,
 Skimmed, Full cream*

Bulletproof Coffee, £6
 Ghee & Octane oil

Espresso £4
 Double Espresso £4.50

Macchiato £4.25
 Double Macchiato £4.75

Americano £4.50

Latte, Flat White, Cappuccino, £4.95
 Mocha, Cortado

Chai Latte, Green Tea Latte £5

Honey Lemon & Ginger £4.50
Served hot or cold

INFUSED WARM MILK

Infused warm milk of your choice £6
*Coconut, Almond, Oat, Hazelnut, Rice,
 Skimmed, Full Cream
 with Almond, Turmeric, Ginger, Cinnamon,
 Black Pepper or
 Manuka Honey, Madagascan Vanilla*

VEGAN HOT CHOCOLATE

Raw cacao, dark chocolate chips,
 coconut milk £6

SPIRITS 25ml measures

VODKA
 Stolichnaya £5
 Grey Goose £7

GIN
 JJ Whiley London £5
 Hendricks £7

TEQUILA
 Jose Cuervo Blanco £5
 Jose Cuervo reposado £5
 Gran Oredain Anejo £7

RUM
 Havana Club Anejo Especial £5
 Havana Club 3 Year Old £6
 Havana Club 7 Year Old £7

WHISKEY
 Glenmorangie £5
 Suntory Toki £6
 Laphroane 10 year old £8

BOURBON
 Bulleit Bourbon £5
 Wild Turkey 101 £7

COGNAC
 Remy Martin VSOP £8
 Hennessy XO £12

DIGESTIFS

Baileys £6
 Limoncello £6
 Disaronno Amaretto £7
 Grappa £7

BEERS & NON-ALCOHOLIC BEER

Becks £6
 Peroni £6
 Becks Blue no alcohol £5

FEVER TREE MIXERS £3

Tonic / Light Tonic, Cucumber
 Tonic, Ginger Ale, Ginger Beer,
 Lemonade, Bitter Lemon

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Wine List

All of our wines are organic, biodynamic or natural
Wines are also available in 125ml measures upon request

CHAMPAGNE & SPARKLING

	COUNTRY	125ML	BOTTLE
Glera, 47 AD Prosecco DOC	Italy	—	£10 £38
Chardonnay, Domaine des Gandines Cremant de Bourgogne	France	—	£12 £55
Champagne, Louis Barthelemy Brut Amethyste NV	France	—	£16 £85

WHITE

	COUNTRY	175ML	250ML	BOTTLE
Gruener Veltliner, Ferdinand Mayr	Austria	£8	£11	£30
Avesso, Alvarinho, Arinto, Quinta dos Espinhosos Casa do Arrabalde	Portugal	£8.50	£11.50	£32
Chardonnay, Domaine des Gandines Macon Peronne	France	£9	£12	£34
Sauvignon Blanc, Marlborough Loveblock	New Zealand	£11.50	£14.50	£42
Riesling, Ministry of Clouds	Australia	—	—	£55
Burgundy, Domaine Buisson Blanc	France	—	—	£75
Riesling Corvers Kauter Berg Rheingau	Germany	—	—	£100

ROSE

	COUNTRY	175ML	250ML	BOTTLE
Maison Ventenac Treve Estivale Rose- Cinsault, Grenache	France	£8	£11	£30
Mencia, Bierzo Armas de Guerra Rosado	Spain	£8.50	£11.50	£32

RED

	COUNTRY	175ML	250ML	BOTTLE
Negroamaro, Salento Tempo Al Vino Alese	Italy	£8	£10	£30
Touriga Nacional, Tinta Roriz Caminhos Cruzados Titular Tinto Touriga Nacional	Portugal	£8.50	£11.50	£32
Rioja, Alavesa El Mozo Herrigoia Tempranillo, Viura, Malvasia	Spain	£9	£12	£34
Malbec, Vista Flores MAAL Rebellion	Argentina	£11.50	£14.50	£42
Xavier Cotes de Rhone, Grenache, Syrah, Mourvedre	France	—	—	£50
Beaujolais Kewin Descombes Morgogn Vieilles Vignes	France	—	—	£75
Cabernet Sauvignon, Ahrens Family Bottlery Seventry, Cinsault, Stellenbosch	South Africa	—	—	£100