

# FLAVOUR

URBAN RETREAT

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

## Breakfast & Brunch

Served between 10.30am – 2pm

Freshly baked morning pastries

£3.50

*Croissant or Danish*

Bircher Muesli **VG**

£7.50

*Chia seeds, apples & hazelnut*

Ricotta pancakes **V GF**

*Blueberries, banana,  
maple syrup*

Chopped avocado on  
sourdough toast **V**

£9.25

*Crème fraiche, pumpkin seed brittle  
Add a poached Kentish egg £10.75*

## All Day Dining

Served from 12pm

### SNACKS & SMALL PLATES

Manzanilla olives **VG**

£3

*Garlic & rosemary*

Marcona almonds **VG**

£3

*Smoked salt*

Heritage vegetable crisps **V**

£3

*Tahini yoghurt*

Jack fruit “bang bang” **VG**

£8.50

*Miso peanuts, Asian &  
coriander slaw, watercress*

Chopped avocado on  
sourdough toast **V**

£9.25

*Crème fraiche, pumpkin seed brittle  
Add a poached Kentish egg £10.75*

### SALADS

Classic Caesar salad

£10.50

*Romaine lettuce, Berkswell cheese,  
anchovies, sourdough crouton*

Rainbow salad **GF VG**

£10

*Raw Garden vegetables, avocado,  
Apple cider dressing*

Superfood salad **V**

£10

*Spinach, Tender stem broccoli,  
turmeric hummus, roasts squash,  
quinoa, tahini & yoghurt dressing*

Add one of the following

*Juniper cured hot smoked salmon £5*

*Warm smoked chicken £5*

*Organic cottage cheese £4.50*

### TORTILLAS

Soft Tortilla Tacos **GF**

£12.50

*Served with green cilantro chilli sauce*

*Choose any of the four below*

*Chicken*

*roast tomato, sriracha, red  
cabbage, coriander*

*Roast pork*

*sticky pomegranate, apple &  
kimchi, onion crackling*

*Sea bream*

*green papaya, zattar spice,  
miso & lime tahini*

*Black bean **V***

*roasted corn, avocado,  
feta & mint*

### SMOOTHIES & WELLNESS SHOTS

Tropical Smoothie

£8

*Pineapple, passion fruit, mango,  
banana, coconut milk*

Super Berries Smoothie

£8

*Açaí berry powder, goji berries,  
strawberries, raspberries, blackberries,  
banana, Manuka honey, almond milk*

Vegan Chocolate Bounty S

£8

*Chocolate chips, vegan vanilla ice  
cream, raw cacao, coconut yoghurt,  
maple syrup, coconut milk*

Add one of the below to  
your or smoothie £2

*Hemp Protein, Whey Protein, Immune  
Boost, Chlorophyll, Collagen,  
Spirulina, Super Berry Powder, Goji  
Berries, Acai Berry Powder, Raw  
Honey, Almond Butter, Chia Seeds*

Detox Shot

£4.50

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

Immunity Shot

£4.50

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

Beet It Shot

£4.50

*Carrot, beetroot, ginger, apple, celeriac*

### CAKES & DESSERTS

Flourless chocolate &  
almond cake **VG GF**

£5.50

Carrot cake **VG**

£5.50

*Creamed almond, citrus zest*

Warm banana bread **VG**

£5.00

*Coconut Chantilly, maple syrup*

*Whilst our kitchens are not allergen free, most of our dishes can be adapted to suit your dietary requirements. Dishes may contain nuts/nuts derivatives. Please ask our team for further information. Gluten free toast available.*

**GF** Gluten-free **V** Vegetarian **VG** Vegan