



detox the Indian way

gentle **detoxing** is the best thing you can do to personally take charge of your own health. detoxing your body the Indian way with its high antioxidant diet is the most effective path to eliminate toxins and maintain a healthy lifestyle

ingredients used in the menu are high antioxidants nourishing your body and helping you boost your immunity

£30 per person

Including a glass of a non alcoholic pear & cinnamon mojito

to maximize your dining experience the menu should be ordered by every diner on the table

### **starters**

chickpea cake with smoked aubergine relish  
coriander chutney

or  
tandoori organic salmon , king prawn with kokum berries  
dill & mustard , tomato & samphire salad

### **mains**

clay oven roasted root vegetables with goji berry pilau  
yoghurt & fenugreek sauce

or  
black leg chicken breast with tomato & curry leaf quinoa  
wild mushroom , spinach & garlic sauce

### **dessert**

poached green apple with cinnamon, green tea sorbet  
or  
seasonal fresh fruits with green lime & mint jelly