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SPECIALS // REVIVAL

KEDGEREE

wild rice - turmeric - spring greens - poached eggs

£8.00 (GF)

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GADO GADO INDONESIAN SALAD

shredded cabbage and greens - peanut gado gado dressing

£9.50 (V) (GF) (N)

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BERRY BAKEWELL TART

booja - booja ice cream

£7.00 (V) (GF) (N)

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revival

"IS THE SPRING COMING?" HE SAID. "WHAT IS IT LIKE?"...
"IT IS THE SUN SHINING ON THE RAIN AND THE RAIN FALLING ON
THE SUNSHINE..."

FRANCES HODGSON BURNETT. THE SECRET GARDEN.

SPRING IS COMING... THE DAYS ARE ALREADY LONGER AND THE
ANTICIPATION OF A NEW SEASON HELPS TO REVITALISE US AS WE
SHIFT FROM HIBERNATION TO STIMULATION...

THERE'S DEFINITELY A FRESH ENERGY TO IT. LITTLE WONDER WE
ALL START TO THINK OF DECLUTTERING MIND, BODY AND HOME AS
WE MOVE FROM THE SLOWER PACE OF WINTER WHEN GETTING
THINGS DONE CAN FEEL LIKE A STRUGGLE TO NOW, WHEN JUST
OPENING YOUR CURTAINS TO SUNSHINE, CAN FILL YOU WITH THE
PROSPECT OF INFINITE POTENTIAL.

THIS MONTH WE'RE TAKING TIME TO RECONNECT WITH OURSELVES
AND TO EMBRACE THE NEW SEASON. TO REVIVE OURSELVES
THROUGH THE SEASONAL FOOD ON OUR SPECIALS MENU TO HELP
US MAKE THE MOST OF A NEW AND VIBRANT ENERGY. OUR EVENTS
THIS MONTH ARE PURPOSEFULLY DESIGNED TO HELP YOU TO
CONNECT WITH MIND, BODY AND SOUL AND TO HELP YOU TO
REACH YOUR BEST POTENTIAL WHILE STAYING GROUNDED TO
PREVENT OVERWHELM.

REVIVAL IS DEFINED AS A REAWAKENING OF SOMETHING. MAKE
THAT SOMETHING YOU.

THE GARDENERS