



DETOX RETOX DRINKS

GET YOUR FIX TO START THE NEW YEAR

PRESCRIPTION TEAS (FULL OF GOODNESS)

REJUVINATING MORNING DETOX

- + APPLE CIDER VINEGAR
- + HONEY AND TURMERIC
- + LEMON

GOLDEN MILK

- + ALMOND MILK
- + GINGER AND HONEY
- + TURMERIC
- + LEMON
- + PEPPERCORN

MATCHA GREEN TEA

- + MATCHA
- + GINGER AND AGAVE
- + LEMON
- + HONEY

ALL £4.50

PRESCRIPTION JUICES (ALCOHOL FREE)

LEMON CLEANSER £4.50

- + LEMON + MAPLE SYRUP
- + CAYENNE PEPPER
- + STILL WATER

HANGOVER CURE £5.50

- + CARROT + APPLE + CUCUMBER
- + GINGER + BASIL

SEEDLIP AND TONIC £6.75

- + SEEDLIP SPICE + TONIC WATER
- + GRAPEFRUIT PEEL

SEEDLIP CUCUMBER SHRUB £6.75

- + SEEDLIP GARDEN
- + CUCUMBER SHRUB + SALT

PRESCRIPTION COCKTAILS

GINGER PALOMA £9.75

- + TEQUILA (50ML)
- + GRAPEFRUIT (75ML)
- + FRESH GINGER
- + SODA WATER

HOT TODDY £9.50

- + JOHNNIE WALKER BLACK (50ML)
- + HOT HONEY WATER (100ML)
- + LEMON JUICE (15ML)

TURN OVER FOR FOOD

DETOX RETOX FOOD

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STARTERS

- + CRISPY SPROUT TOP AND KALE CAESAR SALAD **£7.95**
- + BEETROOT CARPACCIO, ORANGE AND WATERCRESS SALAD **£7.50**
- + SEAWEED BROTH, TOFU, SHIITAKE MUSHROOMS, CORIANDER **£6.50**

MAINS

- + WINTER VEGETABLE AND LENTIL HOTPOT **£15.50**
- + LEMON STEAMED CHICKEN, CHARRED GEM LETTUCE, FENNEL SALAD,
BURNT LEMON SAUCE **£17.50**
- + POACHED FISH DUMPLINGS, GRILLED SPRING ONIONS, SHREDDED LEEKS,
GINGER CONSOME **£16.50**

NOTE

As a patient at The Hospital Club's Detox Retox therapy, we advise you to start the New Year with a healthy cleanse and aid your body to recover from all that food and alcohol consumed over the festive period. Or, you might find yourself in need of a stronger boost to drag yourself through the January Blues, which we can also help you with. If you are unsure which course of medicine to take, just talk to a member of our team who will be able to help.

TURN OVER FOR DRINKS