The Retreat

Refuel
THE LONDONER REFUEL CLINIC
WELCOME TO THE LONDONER REFUEL CLINIC. CREATED TO SUPPLEMENT THE RETREAT’S URBAN SANCTUARY, THE REFUEL CLINIC AIMS TO NOURISH AND PROMOTE A HOLISTIC STATE OF WELLBEING WITH VIBRANCY AND FLAVOUR.

From centuries-old practices of Eastern medicine to modern day biology, the Refuel Research Team has studied the effects and health benefits of countless herbs, natural ingredients, molecules and enzymes. Their findings have brought us here. A results-driven superfood and drinks clinic that harmonises nature’s nutritious produce with scientifically analysed supplements. Each menu item has been carefully crafted to enhance or aid various functions of the body and mind, with the aim to facilitate visible and internal improvements.

Please do not hesitate to ask a Refuel Alchemist for guidance when making your selection.
VITALITY SHOTS

Reborn
Collagen, carrot juice, purple sweet potato solution, ginger, stevia
Full of vitamins, fibres and antioxidants, this spiced earthy shot is the perfect way to start your day or prime your skin for a facial. Our regenerative ingredients provide benefits for anti-ageing and skin care. (17 kcal)
Key Ingredient: Collagen
Collagen is necessary for tissue repair and elasticity, allowing for sustainable cellular regeneration.

Invigorate
Coenzyme Q10, orange juice, raw cocoa powder, ginseng, mānuka honey
Packed with vitamins and polyphenols, a fresh handpicked combination of ingredients provides a balanced shot with antibacterial properties to prepare the body for a massage or supply energy before a gym session. (38 kcal)
Key Ingredient: Coenzyme Q10
Coenzyme Q10 helps with the production of adenosine triphosphate (ATP), a molecule that delivers energy to every cell in the body.

Moisturiser
Hyaluronic acid, alkaline water, yuzu, shiso, basil, xylitol powder
Japanese influences introduce sharpness of yuzu and herbaceous shiso for the perfect natural skin enhancer, whilst alkaline water helps hydrate and balance the acidity in the body ahead of a hot stone massage or visit to the sauna. (13 kcal)
Key Ingredient: Hyaluronic Acid
Hyaluronic acid supplements can help your skin look and feel more supple, where it binds with water to help retain moisture.

Adults need around 2000 kcal per day.
AYURVEDIC MORNING RITUAL BOWLS
Available from 7am – 11am

Ojas 10
Decompress – Revive – Radiate
Açai berry bowl with figs, almonds, sesame seeds and vanilla beans (251 kcal)

Shakti 9
Strengthen – Align – Unwind Chilled medjool date porridge with fresh blueberries and raspberries (381 kcal)

Prana 12
Detox – Rejuvenate – Boost
Seasonal fruit and superfood salad with turmeric, ginger and lime syrup (374 kcal)

Adults need around 2000 kcal per day.
ESSENTIAL BEAUTY JUICES
Available all day

Elixir Of Life
Almond milk, dragon fruit
Brightening – Anti-Inflammatory – Mood Boosting – Anti-Ageing
A smooth, tropical juice to rejuvenate skin, enhance muscle growth and skeletal strength with polyphenols, carotenoids and betacyanin to aid digestion. (252 kcal)
Included Supplements
Shea butter, skullcap herb and Ma Chi Xian (fibre, vitamins A, B and C, iron, magnesium, manganese, potassium, calcium, copper minerals and powerful antioxidant compounds).

For Your Eyes Only
Carrot, chamomile, roasted fig
Energising – Stress Repelling – Soothing – Immunity Building
Earthy and fresh with a honeyed depth, including beta carotene and chamomile to refresh the eyes and a selection of supplements to regenerate skin and reduce stress. (93 kcal)
Included Supplements
Chlorophyll, xylitol, guduchi, collagen and vitamin C.

Forever Young
Pomegranate, grape, blueberries
Cleansing – Hydrating – Detoxifying – Protecting
Elegant sweetness complements sharp citrusy notes in a drink packed with vitamins and magnesium with benefits to hydrate skin, reduce blood pressure and cholesterol. (204 kcal)
Included Supplements
Sweet almond oil, alfalfa, seaweed (calcium, copper, iodine, iron, protein, fibre, vitamin K and folic acid).

Adults need around 2000 kcal per day.
PURIFYING SMOOTHIES
Available all day

Cloud Nine
Avocado, guarana, lime, pineapple, Madagascan vanilla (171 kcal)

Core Strength
Kale, spinach, celery, cucumber, tart green apple (196 kcal)

Inner Peace
Lemon, fresh ginger, banana, apple, a dash of turmeric and cayenne (200 kcal)

Protein Enhancers
Choose one of the following to enhance your smoothie
Whey (91 kcal), casein (112 kcal), soy (59 kcal), pea (21 kcal)

Adults need around 2000 kcal per day.
NOURISHING BODY WRAPS & SALADS
Available from 11am – 9.30pm

Probio Melt
Kimchi and avocado wholegrain melt with vegan cheese, tomato and green pesto (829 kcal)

Mega Omega
Paprika-spiced salmon wrap with roasted black kale, goat’s cheese and tahini yoghurt (803 kcal)

Body Sculptor
Smoked chicken and pomegranate salad with curly kale, sunflower seeds, olive oil and lemon dressing (239 kcal)

Immunity
Papaya, avocado and feta cheese salad with mint and lime dressing (325 kcal)

Adults need around 2000 kcal per day.
REFUEL WELLBEING & HYDRATION

JUICE RECHARGERS
Available all day

**Rebalance**
Pedialyte, sparkling water, lemon, celery and basil cordial, **Himalayan salt** (47 kcal)

**Neutraliser**
Coconut water, Siberian ginseng, sodium bicarbonate and kombucha (55 kcal)

**Soothe**
Mandarin peel extract, Egyptian chamomile, lavender and kombucha (67 kcal)

**Vitamin Elixir Injections**
All our elixirs are available to enhance your drink and are served in line with prescribed dosages
- Omega-3 (0 kcal)
- Beta-keratin (0 kcal)
- Collagen (0 kcal)
- Biotin (0 kcal)
- Folic acid (0 kcal)
- Trip Wild Mint CBD Oils (3 kcal)
- Trip Orange Blossom CBD Oils (3 kcal)

Adults need around 2000 kcal per day.
TAKE A TRIP
IN PARTNERSHIP WITH THE LONDONER

CRAFTED IN THE UK, TRIP IS A LIGHTLY SPARKLING WATER INFUSED WITH PREMIUM CBD AND NATURAL ADAPTOGENS INCLUDING L-THEANINE, GINSENG AND TURMERIC.

How Does CBD Work?
Our body’s endocannabinoid system (ECS) is a network of tiny receptors that play a crucial role in regulating the body’s optimal balance, including sleep, stress, anxiety, immune system, pain and inflammation.

CBD helps bring your ECS back in balance, making you feel more productive and creative, while less anxious and stressed.

Trip is also sugar-free, gluten-free, palm oil-free and vegan.

Choose Your Trip
Elderflower Mint (9 kcal)  5
Peach Ginger (9 kcal)      5
Lemon Basil (9 kcal)      5

Adults need around 2000 kcal per day.
POST-TREATMENT RECOMMENDATIONS

TISANES

**Matcha & Chlorophyll**
Rich in vitamins A, C, K and E, this twist on the traditional Japanese tea elicits earthy and complex notes, promoting heart health and enhancing energy. (6 kcal)

**Chamomile & Ginkgo Biloba**
A blend of woody ginkgo biloba and elegant chamomile from the Nile Delta has been crafted to help improve blood flow, reduce stress and promote eye health. (0 kcal)

**Ashwagandha, Cassia & Vanilla**
A plant with roots in Indian ayurvedic medicine, ashwagandha is a natural means for boosting health and reducing stress, while cassia and vanilla add relaxing properties with sweetness and spiced depth of flavour. (19 kcal)

Adults need around 2000 kcal per day.
THE ENVIRONMENT WITHIN OUR REFUEL CLINIC IS ONE OF RELAXATION AND TRANQUILLITY.
WE THEREFORE KINDLY ASK THAT YOU RESPECT THE PRIVACY AND SERENITY OF YOUR FELLOW SPA GUESTS.

Guidance
Our menu aims to provide the best possible information on health, herbal medicines and medicinal plants. This information should not replace professional advice by a qualified medical or herbal practitioner. Sources of our recommendations are available upon request. Our products may vary in availability and if so, a suitable alternative will be recommended.

Refuel Facilities & Access Times
Breakfast: 7.00am - 11.00am
All-day dining: 11.00am - 21.30pm

Poolside Cabana Service
Access to and service by the pool and hydro massage jet pool are available to hotel guests, members and day spa guests only.
**Health Conditions**
Before ordering any food or beverage, kindly advise us of any health conditions or allergies which could affect your choice.

**Pregnancy**
We have specially designed offerings for expectant or nursing mothers. Please allow our Refuel Alchemists to guide you in selecting the most suitable items off the menu during this special time.

**Gift Cards**
An ideal gift for someone special. Please contact the reservations team for details.

**Valuables**
Refuel accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

**Prices**
All prices are quoted in GBP and are subject to change at any time. A discretionary service charge of 15% will be added to your bill.
THE LONDONER REFUEL CLINIC
REFUEL AT THE RETREAT
38 Leicester Square
London
WC2H 7DX
+44 20 7451 0101
thelondoner.com