The Retreat

REFUEL YOURSELF EVERY DAY AT THE LONDONER

Please scan the QR code for
allergen and dietary information.

BREAKFAST

FUEL UP, DREAM BIG

Açai Bowl 12
With figs, almonds, sesame seeds and vanilla beans

Granola Bowl 8
House granola with Greek yoghurt, mānuka honey and caramelised goji berries

Overnight Oats 10
With toasted almonds, blueberries and mānuka honey

Fruit Bowl 12
With exotic fruits, turmeric, ginger and lime syrup



SALAD BOWLS

EAT GREEN, LEAF WELL

Paprika-Spiced Salmon 13
With roasted black kale, goat's cheese and tahini yoghurt dressing

Chicken and Avocado Caesar 13
Roast chicken, baby gem lettuce with sourdough croutons,
aged Parmesan and Caesar dressing

With crispy pancetta 14

Superfood 10
Chickpea and avocado with pepita seeds, cucumber and chilli



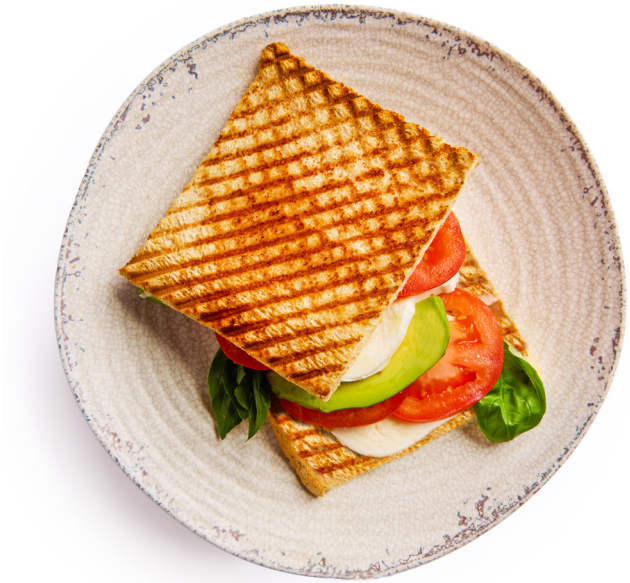
MELT SANDWICHES

PRESSED TO IMPRESS

Spicy Tuna 12
Tuna mayo, jalapeños, tabasco, red onion, cheddar and mozzarella

Philly Cheesesteak 12
Rib-eye beef, Provolone cheese, mushrooms and caramelised onions

Avocado 12
Kimchi, plant-based cheese, tomato and green pesto



SNACKS AND TREATS

GUILT FREE, GREAT TASTE

Avocado Toast 10
Smashed avocado with chilli, lime and cilantro
on toasted sourdough

With poached egg 12

Seasonal Fruit 12
Selection of fresh cut fruit

Superfood Bars 5

Strawberries and Green 10
Fresh strawberries with plant-based Chantilly
crème and mint sugar



SMOOTHIES

BLENDERS WORKING OVERTIME FOR GREATNESS



Matcha Mood 7
Medjool dates, banana,
matcha and oat milk

Green Delight 8
Avocado, guarana, lime, pineapple
and Madagascan vanilla

Berry Blast 9
Passion fruit purée, strawberries,
raspberries, Greek yoghurt,
fresh apple juice and vanilla syrup

Turmeric Crush 8
Lemon, fresh ginger, banana, apple,
a dash of turmeric and cayenne

Extras
Choose one of the following
to enhance your smoothie:

Whey protein 2
Pea protein 2
Collagen powder 6
Trip Wild Mint CBD Oils 2
Trip Orange Blossom CBD Oils 2

JUICES

CRUSHING FRUIT, NOT DREAMS

Leafy Delight 6.5
Fresh apple, cucumber, ginger and celery

Orange 5.95

Apple 5.95

Pineapple 5.95

Grapefruit 5.95

Coconut water 5.95

Cranberry 5.95



ICED LATTE

HIT ME WITH YOUR BEST SHOT

Vanilla 6.5
Espresso, vanilla concentrate, milk and ice

Caramel 6.5
Espresso, caramel concentrate, milk and ice

Matcha 6.5
Matcha, honey, milk and ice



TRIP

Crafted in the UK, Trip is a lightly sparkling water infused with premium CBD and natural adaptogens including l-theanine, ginseng and turmeric.

Choose Your Trip

Elderflower Mint 6

Peach Ginger 6



FIX8 KOMBUCHA

Fix8 Kombucha is a premium, expertly brewed kombucha crafted to deliver both exceptional taste and gut health benefits. Packed with live cultures, organic acids, and natural antioxidants, kombucha is known to support digestion, boost immunity, and promote overall wellbeing – making it the perfect invigorating tonic.

Fix8 is available in two delicious flavours:

Ginger Turmeric 5
Combines the warmth and spice of ginger with the anti-inflammatory properties of turmeric for a bold, invigorating sip.

Strawberry Basil 5
Blends juicy strawberries with fragrant basil for a refreshing, fruity and subtly aromatic twist.



CHAMPAGNE

SIP HAPPENS, DRINK ACCORDINGLY

	125ml	*Bottle*
Brut		
Veuve Clicquot Yellow Label Brut NV	20	105
Bollinger Special Cuvée Brut NV		120
Ruinart Blanc de Blancs NV		170
Prestige Cuvée		
Dom Pérignon Brut Vintage 2017		395
Krug Grande Cuvée		450
Rosé		
Billecart-Salmon Brut Rosé NV	25	132
Laurent-Perrier Cuvée Rosé NV		160
Non-Alcoholic		
Wild Idol, Sparkling White		62

TEA

Black Tea 6
English Breakfast
Earl Grey
Masala Chai

Green Tea 6
Hunan Green

Herbal Infusions 6
Ginger and Lemon
Tropical Delight
Peppermint

COFFEE

Americano 6
Latte 6
Macchiato 6
Espresso 6
Mocha 6
Cappuccino 6
Matcha Latte 7

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Refuel