



## LUNCH MENU

At Yeotown London, we believe the festive season is a time to nourish body and mind in equal measure. Our holiday menu is crafted with ingredients chosen for their integrity, flavour, and winter comfort: grass-fed, regeneratively farmed meats from The Ethical Butcher, wild-caught sustainable fish, and seasonal produce from our trusted local growers.

Each dish celebrates the warmth and richness of the festive season while supporting genuine wellbeing, staying true to our Yeotown philosophy of being strong in body and clear in mind.



[www.yeotown.com](http://www.yeotown.com)



# FESTIVE LUNCH MENU

## LIGHT BITES

### Beetroot Hummus, Za'atar, 7 Homemade Five Seed Crackers or Crudités

Vibrant beetroot blended with tahini and lemon.  
(S) (GF) (VG)

*Rich in antioxidants and natural nitrates to support circulation and focus.*

### Spiced Lentil, Roast Parsnip & 9 Apple Soup

A velvety blend of aromatic lentils, roasted parsnip, and fresh apple, topped with parsnip crisps, a drizzle of hot honey and toasted sourdough. (VGO) (G) (GFO) (C)

*Seasonal vegetables to support immune and gut health.*

### Devonshire Rarebit Portobello 11

Earthy Portobello mushroom baked with Taw Valley cheese rarebit. Served with homemade apple & cranberry chutney and seasonal leaves. (D) (M) (GF)

*A source of antioxidants for immune resilience.*

### Smoked Chalk Stream Trout, 12 Fennel & Clementine Salad

Delicate smoked trout paired with shaved fennel, clementine and avocado crema. Fresh, vibrant and beautifully balanced. (F) (GF)

*Omega-3s for brain clarity and mood balance. Fennel supports digestion.*

### Bresaola Carpaccio 12

Air-dried British beef bresaola, Parmesan, wild rocket and our zero-waste pickles for a vibrant balance of flavour. (M) (D)

*Lean protein and iron to support steady winter vitality.*

**Disclaimer:** Please be aware that our dishes are prepared in a kitchen where allergens are present throughout. We cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your waiter know if you have any allergies or intolerances. An optional 12.5% discretionary charge will be added to your bill.

**Allergen Guide:** Celery (C) - Gluten (G) - Mustard (M) - Nuts (N) - Peanuts (PN) - Sesame (S) - Sulphates (SU) - Soya (SY) - Fish (F) - Eggs (CE) - Vegan (VG) - Gluten Free (GF) - Nut Free Option (NFO)

## LUNCH PLATES

### Wild Salmon, Sweet Potato, 17 Quinoa & Kale Salad

Flaked wild salmon over quinoa, kale, spinach, roasted sweet potato, pomegranate and sprouting beans in our signature caesar dressing. (F) (M)

*Omega-3s for brain and heart health; antioxidants to support recovery and vitality.*

### Superfood Caesar Salad 15

Spinach, red chard and kale in a vegan Caesar dressing with sweet potato, sourdough croutons, chickpeas and walnut parmesan. (N) (G) (GFO) (VG) + Grilled chicken breast 4

*Leafy greens and healthy fats to support hormonal balance and radiance.*

### Roasted Cherry Tomato & 16 Spinach Linguini

Homemade tomato, garlic and chilli sauce with cherry tomatoes, spinach and toasted seeds, finished with Pangrattato and watercress. (G) (GFO) (VG) + Prawns (F) 5 + Walnut Parmesan (N)

*Rich in lycopene and antioxidants to protect skin and boost circulation.*

### Thai Red Vegetable Curry 18

Homemade Thai red curry with coconut milk, okra, green beans and spinach, served with brown and wild rice. (VG) (GF) + Prawns (F) 5 + Tofu (S) 4.5 + Extra Spicy

*Coconut and turmeric to calm inflammation; herbs to uplift and energise.*

### Yeotown Harvest Medley 17

A vibrant bowl of quinoa, brown rice, roasted sweet potato, spinach, kale, beetroot hummus, kimchi and chickpeas. (S) (VG)

*Protein and probiotics for gut balance and all-day vitality.*

### Grass-Fed Beef Burger 18

6oz regenerative beef burger in a seeded bun with Yeotown burger sauce, baby gem, herb-roasted potatoes or seasonal salad, and kimchi slaw. (G) (M) (S) + Devonshire cheddar (D) 1.5

*Iron-rich and high-protein for strength and stamina; probiotic slaw for digestion.*

### Yeotown Plant-Powered Burger 16

Homemade beetroot, lentil and mushroom patty in a seeded bun with Yeotown burger sauce, baby gem, herb potatoes or seasonal salad and avocado slaw. (G) (M) (SY) (N) (VG) + Vegan cheese 1.5

*Plant protein and fibre to balance energy and nourish metabolism.*