

FOOD STORE

RESTAURANT - BAR - GROCER

A plant-based menu for a healthy January created by

Mira Manek x Rumel Pinnock

AVAILABLE FROM 6.30AM

Saffron & cardamom bircher	£7.75
Spiced apples, coconut yoghurt & walnut crumble	£6.50
Sweet potato toasts with avocado & sesame tadka	£11.00
Chai Latte (<i>add Mira's vegan fudge for £1.00</i>)	£3.00

AVAILABLE FROM 11AM

Ginger & lime lentil soup served with rye toast	£6.50
Tamarind & greens Buddha bowl	£12.50
Winter vegetable, black bean & coconut curry	£12.25

WHY NOT TRY A COCKTAIL IN JACK SPEAK FROM 5.30PM?

Seedlip Fizz (<i>Non-alcoholic</i>)	£12.00
A beet rude	£13.00

@miramanek x @lincolnplaza

#feelinggood

A discretionary 12.5% service charge will be added to your bill. For those with special dietary requirements or allergies who may wish to know about ingredients used, please ask a member of staff.

BALANCE YOUR MIND, BODY & SPIRIT

“Ayurveda, a Sanskrit word meaning the knowledge, science or scripture of life, is the basis of traditional holistic medicine in India” explains Mira.

It's based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit.

Listening to your thoughts, practising being present with wherever you are and whatever you are doing goes hand in hand with healthful practices. Mindfulness and healthfulness create a package of happiness and wellbeing.

Working with Mira on this menu is our way to contribute a little to that balance, do enjoy it and if you want to learn more about Ayurveda, please grab her book.

**COPIES OF
MIRA'S BOOK PRAJNA ~ AYURVEDIC RITUALS FOR HAPPINESS
ARE AVAILABLE TO PURCHASE.**

@miramanek x @lincolnplaza

Mira Manek is a cook, writer and wellness connoisseur with a passion for Ayurveda. Inspired by her Mother and Grandmother's vegetarian Gujarati food, Mira wrote her first cookery book 'Saffron Soul'. Her most recent book 'Prajñā' explores Ayurvedic rituals for happiness and of course, includes some delicious recipes. Mira hosts supper clubs, retreats and has also opened a cafe, 'Chai by Mira' in Soho, London.

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