



COMBE GROVE

METABOLIC RESET BRUNCH MENU

From The Buffet

Breakfast pots of granola, made with organic oats, slivered almonds, hazelnuts, pumpkin seeds, flax, chia and sunflower seeds, coconut oil and maple syrup, yoghurt and seasonal berries

Lemon and vanilla, chia seed and almond milk pudding. Clandown honey and seasonal berries

Melon, Somerset feta and olives

Local Yeo Valley organic yoghurt

Vegan coconut yoghurt

River Cottage Kefir

Choice of milks: soy almond oat coconut

Pukka teas

Dusty Ape coffee

Combe Grove Specials

Beetroot, parsley and horseradish health shot

Pea, mint, avocado and lime crush with vegetable crudités

Rainbow stir fry of spinach, chard, peppers, green beans and asparagus with chervil oil and black garlic (optional eggs, cashew cheese)

Tofu scrambled with turmeric and chives, homemade ketchup

Hodmedods organic beans on toast: badger, carlin, flamingo and haricot beans in a homemade tomato, chilli and herb sauce on toasted rye sourdough

Field mushrooms, grilled with thyme oil, rosemary roasted tomatoes, melting Somerset halloumi cheese

Organic egg frittata with leeks, chives, sweet potato and soft green herbs

Chickpea flour pancake with roasted vegetables, tofu or egg, green chilli, garlic and tahini dressing

Fava umami mushrooms with beribboned omelette

Poached Smoked Haddock with spinach and dill butter

Craster kipper with poached egg and horseradish butter



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METABOLIC RESET DINNER MENU

Tasters

House spiced nuts
House marinated olives
Estate radishes and Ivy House Farm
butter
Lovage and watercress health shot

Main Bowls

Wye valley asparagus, smoked anchovy, duck
egg, watercress, French breakfast radish,
Cheddar crisp, tarragon vinaigrette

Estate striped, red and golden beetroots,
roasted with chicory, Somerset halloumi and
walnuts. Walnut oil, dill and apple dressing

Shoots and Leaves Power Bowl. Estate shoots
and spinach, alfalfa, broccoli, green lentils,
toasted pumpkin seeds, avocado and green
goddess dressing

Stir-fried red and yellow peppers, mushrooms,
carrots, spicy cashew nut and lime dressing.
Buckwheat noodles

Heritage multicoloured tomatoes, homemade
soft cheese, Estate rocket and basil, cold
pressed EV olive oil, clove salt

Chilled soup of cucumber, green peppers and
chillies, English leaf spinach,
lovage, basil, garlic and flat leaf parsley
Leek, Little Gem and Pitchfork Cheddar three
seed tart. Soft herb dressing

Summer beans, peas, sorrel and lettuce,
braised with fruity olive oil, saffron, mint and
parsley, smoked cod's roe pearls

Choose your protein

Tempeh, marinated with coconut yoghurt,
turmeric, coriander, cumin, chilli, garlic, ginger
and lemon

Clay pot cooked Cotswold kid goat, rose
harissa and house preserved lemon

Grilled fillet of Devon hake, crab, samphire,
caper, tarragon and lime butter

Stream Farm Somerset organic chicken
roasted in chervil and elderflower butter