

damu

ALL DAY WELLBEING MENU

by **CHEF BETTINA CAMPOLUCCI BORDI**

Bettina is a renowned plant-based chef, author and wellness advocate, celebrated for her vibrant, sustainable cuisine. With a multicultural background and a passion for seasonal ingredients, she brings a fresh, mindful approach to the DAMU menu.

SET MENU:

Select One From Each Section

3 Courses & Drink: £ 40

Macadamia Cheese-Filled Courgette Flowers

Crispy Courgette Flowers filled with Lemon-Chive Macadamia Cheese. Lightly Battered and served with Lemon Mayo and Microgreens.

Salmorejo

A Silky Chilled Sun Ripened Tomato and Rustic Bread Soup. Finished with Basil Oil and Crunchy Toppings for a Refreshing Start.

Golden Turmeric Whole Roasted Cauliflower with Romesco, Pomegranate & Crispy Leaves

Golden Roasted Cauliflower with Smoky Romesco Sauce, Pomegranate Seeds, Harissa Mayo, and Crispy Cauliflower Leaves.

Bettina's take on Swedish Meatballs

Hearty Plant-Based Meatballs served with Silky Carrot Mash, Creamy Mushroom Gravy and Fresh Quick-Pickled Cucumber. Optional Lingonberries for a Nordic Touch.

Sticky Toffee Pudding with Sticky Toffee Sauce

A Spiced Date Pudding Drenched in Warm Toffee Sauce. Soft, Sticky, and Sweet, a Plant-Based Twist on the British Classic.

Chocolate Mousse with Dark Chocolate Bark & Cherry Compote

Decadent Adaptogenic Chocolate Mousse topped with Pistachio-Studded Bark and Tangy Cherry Compote. A Rich and Satisfying Finish.



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SURYA

25ML SENTIA GABA BLACK
15ML PASSIONFRUIT PUREE
10ML KALAMANSI JUICE
20ML ROSE SYRUP
TOP UP CRANBERRY JUICE

GABA BLACK : Find Your Zone

Infused with ginseng and ginkgo, GABA Black is designed to boost energy, sharpen focus, and support performance whether you're powering through the day, starting your evening strong, or simply looking for clarity without the caffeine crash.

KALAMANSI

40ML SENTIA GABA GOLD
40ML PASSIONFRUIT PUREE
15ML SUGAR
15ML APPLE JUICE
5ML LIME JUICE

GABA GOLD : Feel The Glow

A rich and warming spirit with notes of spice and citrus, GABA Gold is perfect for winding down, enhancing conversation, or replacing the ritual of an evening drink no alcohol needed, just natural mood elevation.

WHAT IS GABA?

A neurotransmitter in the brain responsible for promoting feelings of calm, connection, and ease. By supporting the body's GABA system, These mocktails offer a gentle, functional way to unwind and socialise without alcohol.

Each blend is crafted from a unique combination of botanical ingredients chosen to help you relax, restore balance, and feel good naturally.

