

HARVEY NICHOLS X EMTHENUTRITIONIST

Super Glow Menu

Discover Harvey Nichols juices and smoothies made with superfood ingredients that promote wellness from within, created in collaboration with Nutritionist, Emily English.

Juices

The Reset Greens £6

Ingredients: kale, cucumber, lemon juice, ginger root, pear. Allergens: celery. 87 kcal.

The Glow Tonic £6

Ingredients: carrots, orange, pineapple, turmeric root, black pepper. 113 kcal.

Smoothies

Spiced Vanilla Matcha £7

Ingredients: matcha powder, coconut milk, Medjool dates, banana, vanilla extract, avocado, cinnamon. 262 kcal.

The Thriver £7

Ingredients: blueberries, acai puree, beetroot, spinach, coconut milk, honey. 147 kcal.

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Fluffy Ricotta Lemon Pancakes, £11

The fluffiest softest pancakes with a hint of lemon zest, paired with a simple but healthy chia seed blueberry compote and honey. Served with maple syrup and a dollop of coconut yoghurt.

Allergens: gluten (wheat), egg, milk. 410 kcal.

Hot Honey Lemon Avocado Toast, £13

Sticky halloumi fried with honey and chilli with superfood avocado toast, mixed with spring onion, basil, chilli and diced tomato served with an oozy egg.

Allergens: gluten (wheat), egg, milk. 560 kcal.

Best Ever Caesar Salad, £17 +£3 with chicken

An alternative caesar salad with a tangy yoghurt-based dressing, served with crispy parma ham shards, parmesan flakes, garlic sourdough croutons. Optional chicken.

Allergens: gluten (wheat), fish, milk.
250 kcal/340 kcal with chicken.