



# Mews PIZZA CO

## SALUTE MENU

The Salute Menu, which means healthy menu in Italian, focuses on foods with scientifically proven restorative properties for different parts of the body. From rehabilitating your liver to combating stress, these dishes are set to restore your mind, body and soul this New Year.

### DETOX

Globe Artichoke, Sprouting Broccoli, Black Rice and Walnut Pesto 17

Victoria Plums, Prunes, Grapefruit Juice, Bananas, Dark Chocolate Avocado Mousse Smoothie 7.5

### ANTI-INFLAMMATORY

Hot Smoked Salmon, Green Beans, Broccoli & Cucumber Risotto 17

Blackcurrants, Figs, Cranberry Juice, Bananas, Oat Milk, Walnuts and Honey Smoothie 7.5

### STRESS RELIEF

Monkfish, Haddock, Saffron, Tomato, Fennel & Chilli Soup 14

Gluten Free Spinach Tagliatelle, Girolles, Sesame, Mung Beans & Mangetout 15

Baby Spinach, Kale Leaves, Bananas, Pineapple, Mango and Coconut Water Smoothie 7.5

Available from 7th - 27th January 2019

A discretionary 12.5% service charge will be added to your bill.