



THE CINNAMON CLUB

Spices- simmer, sizzle, heal and preserve

Fenugreek: reduces blood sugar, blood pressure and cholesterol levels

Sunflower seeds: rich in monounsaturated fatty acids

Fennel seeds: good for eyes and aid in digestion

Chickpeas: high in dietary fibre and a good source of zinc and protein

Coriander: rich in antioxidants, effective anti-pyretic and aids digestion

Saffron: has anti-carcinogenic properties and arguably increases libido

Pomegranate: good for heart and masses of anti-oxidants

Coji berry: The new super food effective in cardiovascular conditions

Lemon grass: effective cure for colds and clears the respiratory system

A 12.5% discretionary service charge will be added to your bill. Some of our dishes may contain or have been in contact with nuts. Please let your server know of any allergies or dietary requirements. We import all our spices directly from approved growers across India. All our food suppliers have given assurances that none of our ingredients are genetically modified.

Spice-Detox Menu

£40 per person

To maximise your dining experience this menu must be ordered by each diner at your table

Tandoori chicken breast with garlic and coriander, sprouted fenugreek salad

or

Marinated vegetables with blood orange and sunflower seeds

Green spiced halibut steamed in banana leaf, chickpea salad

or

Kadhai style stir fry of winter vegetables with multigrain roti

Saffron poached pear, pomegranate jelly and goji berry sorbet

or

Seasonal fruits with light lemon grass jelly

We welcome your comments and suggestions. Please speak to our Duty Manager or e-mail us at info@cinnamonclub.com. Prices include VAT @ 20%. All gratuities are distributed to the entire team. Please be considerate when using mobile phones.