

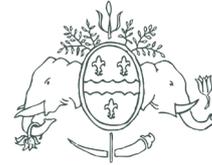


# THE GUT

FOOD

HEALTH

CULTURE



THE PETERSHAM

*Floral Court*

THE GUT is a wellness platform, focusing on the interconnection of planetary and human health through retreats, dining experiences, talks and workshops. THE GUT has designed a detox menu to help you reset after the festive season, as part of their BREATH DEEP series hosted at PETERSHAM HOUSE.

## DETOX MENU £40

CANTON TEA PAIRING £15



### Wild mushroom and miso broth

Miso is a probiotic, meaning it is brimming with beneficial bacteria for your digestive tract. Here we have used British Miso in support of your immune system, gut health and microbiome.

### Artichoke ala Romana

Artichokes are a thistle, cultivated centuries ago in the Mediterranean for their medicinal properties. Today they are known to be rich in vitamin c and k, as well as important minerals, such as magnesium. Magnesium creates a calmer environment, aiding the body to move into the parasympathetic nervous system, often referred to as the 'rest and digest' system. Artichokes are also known to be high in antioxidants, key to any detoxification program. Antioxidants help protect against toxins, and reduce damage caused to the body, that might lead to disease caused by free radicals.

### Beetroot, pear and Cornish quinoa salad

Beetroots have a wonderfully rich colour, the dark reds come from a tyrosine-derived pigment called betalain, an antioxidant that can help reduce inflammation and support detoxification. Beets also contain nitrate, which reduces inflammation by cleaning the blood of toxins. We have coupled beets with pears, also full of essential antioxidants, as well as being a prebiotic. Perbiotics are an insoluble fibre which feeds and promotes a diverse and healthy gut microbiome.

### Onion squash with puntarelle, capers, chilli and lentils

Puntarelle, otherwise known as asparagus chicory, are extremely high in vitamin k, which has been scientifically proven to reduce inflammatory biomarkers. Lentils are another prebiotic, there to feed your tiny microbial friends. Having a strong and healthy microbiome can protect you from illness, support detoxification and improve mood.

### Lemon and matcha pavlova

Matcha is an antioxidant powerhouse, so high in antioxidants that we had to include it in this menu! Matcha tea uniquely contains a class of antioxidant known as catechins, which aren't found in other foods and known for their cancer-fighting properties. Lemon alkaline the body, so it is a winning combination.

[www.thegut.co.uk](http://www.thegut.co.uk)  
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17 January \* Cocoa & Sound Healing  
29/30 January \* Take a Breath retreat  
5 February \* Lab Tonica X The Gut workshop

