

OSKIA
L O N D O N

CHAMPAGNE BAR
DETOX MENU

CHAMPAGNE BAR DETOX MENU

As part of your Wellness Reset Journey experience, please select one dish and one juice from our nourishing lunch menu created in partnership with OSKIA, and discover the key ingredients and wellness benefits behind each selection.

FOOD

PISSALADIÈRE

A Mediterranean-inspired tart rich in skin-supportive nutrients and healthy fats.

Caramelised onions	Quercetin	Supports circulation and reduces inflammation
Lemon thyme	Vitamin C	Supports detoxification and skin brightness
Crème fraîche	Healthy fats	Supports skin hydration and barrier health
Olives	Vitamin E & polyphenols	Supports elasticity and antioxidant protection
Anchovies	Omega-3 & zinc	Supports skin repair and reduces inflammation

SALMON POKÉ BOWL

A nourishing bowl designed to support collagen production, hydration and lymphatic flow.

Salmon	Omega-3 & vitamin D	Supports skin elasticity and reduces inflammation
Quinoa	Amino acids & magnesium	Supports skin regenerations
Edamame beans	Plant protein & isoflavones	Supports collagen maintenance
Pickled cucumber	Hydration	Supports fluid balance and reduces puffiness
Ginger	Anti-inflammatory compounds	Supports circulation and lymphatic drainage
Avocado	Vitamin E & healthy fat	Nourishes and hydrates the skin
Radish	Vitamin C	Supports detoxification and skin clarity

MELON SALAD

A refreshing, hydrating salad rich in electrolytes, antioxidants and skin-supportive nutrients.

Watermelon	Potassium & magnesium	Supports hydration, electrolyte balance and healthy circulation
Charentais melon	Beta-carotene & vitamin C	Supports skin renewal and collagen production
Pomegranate	Punicalagins, anthocyanins & vitamin C	powerful antioxidants that help protect collagen and defend against oxidative stress
Mint	Polyphenols	Supports digestion and helps reduce inflammation
Curly endive	Folate & vitamin K	Supports cellular health and circulation
Feta cheese	Protein & calcium	Supports tissue repair and skin barrier function

CHILLED TOMATO CONSOMMÉ (Veg)

A cooling, antioxidant-rich consommé designed to support skin health and gentle detoxification.

Tomatoes	Lycopene & vitamin C	Supports collagen and protects against environmental stress
Basil	Anti-inflammatory compounds	Supports circulation and skin vitality
Garlic	Selenium & sulphur compounds	Supports detoxification and lymphatic function

SALAD NIÇOISE

A Mediterranean-inspired salad packed with protein, antioxidants and skin-supportive nutrients.

Yellowfin tuna	Protein, selenium & omega-3	Supports collagen structure and skin repair
Green beans	Vitamin C & fibre	Supports collagen production and digestive health
Olives	Vitamin E & polyphenols	Supports skin elasticity and antioxidant protection
Heirloom tomatoes	Lycopene & vitamin C	Helps protect skin from environmental stress
New potatoes	Potassium & vitamin B6	Supports cellular health and circulation

GRILLED HALLOUMI WRAP

A satisfying wrap providing healthy fats, minerals and antioxidants to support skin health and hydration.

Halloumi	Protein & calcium	Supports tissue repair and skin structure
Avocado	Vitamin E, folate & healthy fats	Nourishes the skin barrier and supports hydration
Cucumber	Water content & silica	Supports hydration and skin resilience
Rocket	Vitamin K & glucosinolates	Supports circulation and detoxification pathways
Jalapeño	Capsaicin & vitamin C	Supports circulation and antioxidant protection

WARM CHICKEN WRAP

A protein-rich wrap designed to support skin renewal, circulation and digestive wellbeing.

Chicken	Protein, zinc & B vitamins	Supports collagen formation and tissue repair
Middle Eastern spices	Polyphenols & anti-inflammatory compound	Support circulation and antioxidant protection
Lettuce	Folate & hydration	Supports cellular renewal and fluid balance
Cucumber	Hydration & silica	Supports skin elasticity and healthy circulation
Pickled red onion	Quercetin	Supports circulation and helps reduce inflammation
Coriander	Vitamin C & antioxidants	Supports detoxification and skin vitality

DRINKS

COLD PRESS RISE & SHINE

A bright, revitalising juice to support glow, circulation and detoxification.

Carrot	Beta-carotene	Supports skin renewal and radiance
Apple	Antioxidants & vitamin C	Supports hydration and collagen production
Ginger	-	Supports circulation and lymphatic drainage
Lemon	Vitamin C	Supports elasticity and antioxidant protection

COLD PRESS ROOT REVIVE

A deeply nourishing juice formulated to support circulation and skin vitality.

Beetroot	Nitrates & antioxidants	Supports blood flow and detoxification
Pomegranate	Polyphenols & vitamin C	supports collagen and skin firmness
Carrot	Beta-carotene	Supports skin glow and renewale
Lemon	Vitamin C	Supports detoxification and brightness
Ginger	-	Supports circulation and reduces inflammation

COLD PRESS VITAL VERDE

A mineral-rich green juice designed to hydrate and support lymphatic wellness.

Spinach	Iron & chlorophyll	Supports oxygenation and detoxification
Apple	Antioxidants	Supports hydration and skin health
Celery	Potassium & hydration	Supports fluid balance and reduces puffiness
Lime	Vitamin C	Supports collagen production and skin brightness
Ginger	-	Supports circulation and lymphatic flow

S P A

at The Landmark London

