

## THE RIVER CLUB X KINS

KINS, an advanced facial treatment suite and medical aesthetics clinic, is now open on the first floor.

Led by Dr Louise Smyth, a former GP, KINS is one of Ireland's most trusted and progressive skin health clinics. Originating in the coastal town of Kinsale, KINS has now expanded into an elevated urban setting at The River Lee. Offering a selection of advanced facial treatments and medical aesthetic procedures, visit kins, ie to find out more.

In celebration of this new partnership, we have collaborated with Dr Louise to develop the KINS Skin Kind Menu – four delicious items infused with skin-loving ingredients.



## KINS SKIN KIND MENU

KINS Skin Kind Wellness Shot €3 Lemon, ginger, turmeric, orange, black pepper

KINS Skin Kind Green Citrus Boost €9

Pear, rocket, cucumber, lemon, mint, kale,
coconut water

KINS Skin Kind Superfood Grain Salad V €17.5 Quinoa, beetroot, broccoli, Greek feta, toasted pumpkin seeds 6E

KINS Skin Kind Lemon-Cured Mackerel €18.5
Sesame seaweed salad, roasted peanut oil 10, 4, 9, 10, 12

## ALL FRGENS

1A Rye Wheat | 1B Oat | 1C Wheat | 1D Barley | 1E Malt | 2 Crustaceans | 3 Molluscs
4 Fish | 5 Egg | 6A Cream | 6B Milk | 6C Butter | 6D Buttermilk | 6E Cheese | 7 Peanuts
8A Cashew | 8B Walnuts | 8C Macademia Nuts | 8D Hazelnuts | 8E Pecans | 8F Pistachio
8G Almonds | 8H Brazil Nuts | 8I Pine Nuts | 9 Celery | 10 Mustard | 11 Soybeans
12 Sesame Seeds | 13 Lupin | 14 Sulphur Dioxide/ Sulphates