



THE LANESBOROUGH  
Club & Spa  
LONDON

## COFFEE & CHOCOLATE

ESPRESSO/ CAPPUCCINO/ MACCHIATO £6.50  
AMERICANO/FLAT WHITE/LATTE

DOUBLE ESPRESSO £7.00

BULLET COFFEE £7.00

ICED TEA / ICED COFFEE £7.00

VALRHONA HOT CHOCOLATE £8.00

## TEA

£6.50

## THE LANESBOROUGH CLUB & SPA SIGNATURE TEA

white and green tea, mixed berries and citrus fruits  
uplifting, earthy, mildy sweet, fruity, citrus, lemongrass

## BLACK

Lanesborough Breakfast: fragrant, dates, robust  
Earl Grey Supreme: elegant, citrus, bergamot  
Assam Dejoo: bold, smooth, slightly malty, roasted  
Darjeeling Jungpana: floral, peach, walnut, honey

## HERBAL TEAS

Beautiful Skin: elderflower, sweet, herbal, detoxifying  
Aching Muscles: refreshing, ideal for aching  
or strained muscles  
Healthy Immunity: rooibos, great immunity booster,  
vitamin C  
Toxin Killer: wellness blend, detoxifying agents

## GREEN

Japanese Sencha Organic: vegetal, grassy, pine nuts,  
traditional  
Moroccan Mint: refreshing, spicy, earthy, faintly smoky

## ORGANIC GREEN MATCHA

## MINERALS

## WATER

Lanesborough water 33cl / 70cl £4.50/£7.00

Perrier 33cl £5.00

No1 Rosemary water 33cl/ 70cl £5.50/£8.00

No1 Rosemary sparkling water 33cl £5.50

*Lemon verbana, mint or basil flavour*

ORGANIC COCONUT WATER £4.50

## SHAKES

£7.50

## THE DAILY SUPERFOOD SHAKE\*

- Vanilla flavour

*\*full of essential amino acids, vitamins, minerals, antioxidants and alkalising properties that serve as a platform for daily well-being and vitality. Containing a blend of super-fit greens of spirulina, alfalfa, maca*

## PERFORM PROTEIN SHAKE\*\*

- Chocolate flavour

*\*\*Contains BCAA's (Branch Chain Amino Acids) to enhance performance, support muscle growth and aid your recovery.*

## JUICES & SMOOTHIES

£5.00

## GREEN BOOSTER

spinach, kale green apple, lime, cucumber and mint

## EARLY RISER MORNING WORKOUT

beetroot, orange, lemon and carrot

## PINK ROYAL

banana, raspberry, cherries, rice milk and honey

## IMMUNITY

apple juice, banana, kiwi, strawberries and honey

## CHAMPAGNE & WINE

## CHAMPAGNE

glass/bottle

Moët & Chandon Brut Impérial NV £19.00 / £115.00

## WHITE

Chardonnay, "Seifried Estate", Aotea £15.00 / £85.00  
New Zealand, 2013

Gewurztraminer Hugel "Classic" £15.00 / £65.00  
France, 2015

## ROSE

Domaine Fondrèche, Ventoux, £14.00 / £50.00  
France, 2018

## RED

Malbec, Temporada, Argentina 2017 £14.00 / £50.00  
Pinot Noir, Nielson by Byron, USA 2014 £25.00 / £95.00

## HEALTHY SHOTS

£5.00

## TURMERIC SHOT

turmeric, black pepper and hot water

## GINGER SHOT

lemon, ginger and hot water

## NO1 ROSEMARY WATER SHOT

spring water containing pure rosemary extract