



THE LANESBOROUGH  
Club & Spa  
LONDON

At The Lanesborough Club & Spa, we focus on healthy, simple, fresh food cooked in a way that protects the vital fragile nutrients, highlights the natural goodness and promotes optimal human nutrition

from 7.00am - 6.30pm

| Breakfast<br>7.00-11.30am   |                 | All Day<br>7.00-6.30pm  |                            |
|---|-----------------|---|----------------------------|
| <b>OAT PORRIDGE</b><br>Cooked with almond milk with<br>Caramelised banana and sultanas.<br><i>gluten free contains nuts</i>   | £9.00           | <b>TOMATO MOZZARELLA PANINI</b><br>Toasted ciabatta bread,<br>homemade basil pesto, fresh tomato<br>& buffalo mozzarella<br><i>contains gluten, dairy &amp; pine nuts</i>                     | £18.00                     |
| <b>GRANOLA WITH YOGHURT</b><br>Plain (oats, chia seeds, cinnamon, vanilla & grated coconut)<br>Green (pistachios, kale & pumpkin seeds)<br>Gluten Free (gluten free oat, pumpkin & sunflower seeds)<br><i>contains gluten</i> | £9.00           | <b>ENERGY BALLS</b><br>coconut & matcha<br>coconut & dry strawberry<br>coconut & dark cocoa<br><i>contains nuts</i>   | £2.50<br>each              |
| <b>AVOCADO AND TOAST</b><br>Extra egg on top<br>On gluten free bread.<br><i>contains eggs</i>   | £12.00<br>£2.00 | <b>ASIAN SALAD</b><br>Carrots, spring onions, cucumber,<br>pickled ginger, broccoli, chili,<br>cashew nuts, wasabi & sesame oil dressing<br><i>contains sesame, fish, mustard, soya, nuts</i> | £16.00                     |
| <b>FLAT OMELETTE</b><br>Mixed cress, cheese or spicy tomato<br><i>contains eggs</i>   | £14.00          | With lemongrass chicken<br>With tiger prawns<br>With both   | £20.00<br>£22.00<br>£26.00 |
| <b>MARINATED SALMON BAGEL*</b><br>Smoked salmon, beetroot, lime,<br>gherkin, capers, watermelon radish, dill & chives<br><i>contains gluten</i><br><i>*Available on the all day menu</i>                                      | £20.00          |   |                            |



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COFFEE & CHOCOLATE

|   |       |
|---|-------|
| ESPRESSO/ CAPPUCCINO/ MACCHIATO<br>AMERICANO/FLAT WHITE/LATTE | £6.50 |
| 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       |
| <i>Lemon verbana, mint or basil flavour</i> |             |

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\*\*

- Mixed berry flavour  
- 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