



Menu available
from 7am to 4pm

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

BREAKFAST ALL DAY DINING

LIFESTYLE POACHED EGG ✓ crushed cherry tomatoes, ginger and kale on gluten free bread, served with 2 eggs <i>contains eggs</i>	£15 add egg £2
EGGS OF YOUR CHOICE poached, fried, scrambled or omelette with your choice of fillings: tomato, onion, pepper, mushroom, spinach and chilli	£16
add ham or smoked salmon <i>contains eggs, fish</i>	£8
AVOCADO ON TOAST (V) gluten free bread <i>contains eggs</i>	£13 with an egg £2 with halloumi £4
OAT PORRIDGE (V) cooked with almond milk, caramelised banana and sultanas <i>contains nuts</i>	£9 with protein powder £12
AMERICAN PANCAKES ✓ with maple syrup and blueberries <i>contains eggs</i>	£16 with protein powder £19

STARTERS & SALADS

BREAD AND OLIVES (V) <i>contains gluten, dairy</i>	£7
STARTER SELECTION ✓ <i>FOR 1 OR FOR 2</i> grilled halloumi, tzatziki, chickpea hummus, falafel and baba ghanoush with cucumber, carrot, celery and cherry tomatoes <i>contains sesame, dairy, gluten</i>	£15 / £30
BLACK RICE SALAD ✓ black risotto rice, char-grilled tenderstem broccoli, feta cheese, pomegranate seeds and beetroot dressing <i>contains dairy</i>	<i>Starter / Main</i> £10 / £16
SAUTEED KING PRAWN & PAPAYA SALAD red onion, mango, apple, lime, lemon, coriander and mint <i>contains crustaceans</i>	£18 / £25
NICOISE SALAD Spanish tuna, green beans, hard-boiled egg, olives, anchovies, potato and tomato <i>contains eggs, fish, mustard</i>	£15 / £22

✓ - VEGETARIAN
(V) - VEGAN

MAIN COURSES

DESIGN YOUR DISH

compose your main by choosing one protein, one side dish and a dressing £28
extra side dish £8

PROTEIN

chicken breast
lamb fillet
salmon
sea bass
grilled halloumi

SIDE DISH

steamed seasonal vegetables
boiled new potatoes
sweet potato wedges
brown rice
spinach
mixed salad

SAUCE

lemon dressing
antiboise sauce
spiced mint sauce
chimichurri
curry dressing

ASIAN SALAD

carrots, spring onions, cucumber, pickled ginger, broccoli, chilli, cashew nuts, wasabi and sesame oil dressing £18
contains sesame, fish, crustacean, molluscs, soya, nuts

with lemongrass chicken £22
with tiger prawns £24
with both £28

TOMATO MOZZARELLA PANINI

toasted ciabatta bread, homemade basil pesto, fresh tomato and buffalo mozzarella £18
contains gluten, dairy, pine nuts

TOASTED CHICKEN WRAP

pitta bread with peppers, onion, mint, coriander, chicken breast and lemon dressing served with mixed salad £20
contains gluten, eggs

SOBA NOODLE MISO

with carrot, miso paste, ginger, chilli, coriander, edamame and sesame £25
contains sesame, celery, soya, fish, crustacean, molluscs, gluten, mustard



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SWEETS

CARROT CAKE WITH CHANTILLY CREAM ✓	
soft gluten free carrot and banana cake dusted with spiced sugar <i>contains dairy, nuts</i>	£10
COCONUT CHIA PUDDING (V)	£10
topped with fresh mango and lime zest	
FRESH FRUIT SALAD (V)	£14
CHOCOLATE BROWNIE (V)	£10
gluten free brownie served with strawberry coulis <i>contains nuts</i>	
AMERICAN PANCAKES ✓	£16
with maple syrup and blueberries <i>contains eggs</i>	
	with protein powder £19

TEA £6.50

THE LANESBOROUGH CLUB & SPA SIGNATURE TEA

Turmeric root, apples pieces, liquorice, rosehip, lemon verbena,
black peppercorns, peppermint

BLACK

Lanesborough Breakfast: fragrant, dates, robust
Earl Grey Supreme: elegant, citrus, bergamot
Assam Dejoo: bold, smooth, slightly malty, roasted

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

SPARKLING TEA with CBD £8

GIBSON'S GOODOLOGY

Pure love: Shiso tea and blueberry

Pure harmony: Jasmine tea and rhubarb

Pure joy: Green tea and passion fruit

COFFEE & CHOCOLATE

ANY COFFEE	£6.50
DOUBLE ESPRESSO	£7
BULLET COFFEE	£7
PROFY (protein shake with double espresso)	£9
ICED TEA / ICED COFFEE	£7
VALRHONA HOT CHOCOLATE	£8

JUICES & SMOOTHIES £6.50

GREEN BOOSTER

spinach, kale green apple, lime, cucumber and mint

PINK ROYAL

banana, raspberry, cherry, rice milk and honey

IMMUNITY

apple juice, banana, kiwi, strawberry and honey

EARLY RISER MORNING WORKOUT

beetroot, orange, lemon and carrot

HEALTHY SHOTS

TURMERIC

anti-inflammatory, relieves pain, aids digestion,
improves liver function

GINGER

regulates sugar levels, cold and flu relief, pain reduction

TURMERIC & GINGER

CHAMPAGNE & WINES

CHAMPAGNE

Moët & Chandon Brut Impérial NV

glass / bottle
£19 / £115

WHITE

Ramon Bilbao, Albarino, Spain 2019
Cloudy Bay, Sauvignon Blanc, NZ 2020

£12 / £50
£17 / £72

ROSÉ

Love by Leoube, Cinsault, France

£14 / £59

RED

Les Mougettes, Pinot Noir, France 2019
Peppoli, Chianti classico, Italy 2018

£11 / £45
£15 / £65

PROTEIN SHAKES (V)

THE DAILY SUPERFOOD SHAKE*	£7.50
- Vanilla	(almond milk, banana, cashew butter)
- Mixed berry	(coconut water, mixed berries)
- Chocolate	(coconut milk, avocado, dates)

*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

ADD ON FOR £2

- Nuts
- Frozen berries
- Oat
- Dates
- Avocado
- Banana