



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

SOMETHING TO START

SELECTION OF FRESHLY CUT SEASONAL FRUIT £14.00
contains gluten, sesame seeds.

ORGANIC BIRCHER MUESLI WITH GREEN APPLE AND BANANA £9.00
contains gluten, dairy

COCONUT CHIA PUDDING £9.00
topped with fresh mango and lime zest

OAT PORRIDGE COOKED WITH ALMOND MILK £9.00
with banana, maple syrup, sultanas, berries, chia seeds and pinch of Himalaya salt
contains gluten, almond

GRANOLA - ONE OF THE THREE WAYS £9.00
served with plain yogurt
plain (almond, hazelnut, grated coconut)
green (pistachio, kale & pumpkin seeds)
red (goji, mixed berries)
contains gluten, nuts

POACHED EGGS WITH AVOCADO ON GRANARY TOAST £12.00
Served with 2 eggs and pomegranate seeds. Extra egg £2.00
contains gluten, eggs, sesame seeds

LIFESTYLE POACHED EGG £14.00
crushed cherry tomatoes and ginger, kale on gluten free bread
Served with 2 eggs. Extra egg £2.00
contains eggs, sesame seeds

EGG OF YOUR CHOICE £14.00
whole or white with your choice of fillings
tomato, onion, pepper, mushroom, spinach, chili, cheese and ham.
contains eggs

SUMMER BERRIES SMOOTHIE BOWL £15.00
organic frozen summer berries topped with strawberries, raspberries, mangoes, kiwis, bananas, ground almonds and coconut shavings.
contains gluten, dairy, almond

MATCHA BERRY PANCAKES £16.00
housemade Match pancakes complemented by fresh berries, maple syrup and coconut shaving.
contains gluten, dairy, egg

LIVE PROBIOTIC CULTURE YOGURTS £9.00
topped with fresh mango and lime zest
contains dairy

POST TRAINING SNACKS

ENERGY BALLS each £2.50
coconut and Matcha, coconut and dry strawberry, coconut and dark cocoa
contains sesame seeds, nuts

OAT BAR £3.50
oats, dates, prunes, pistachios, almonds, banana and coconut oil
contains gluten, nuts

POKE BOWL SALAD £12.00
brown rice, marinated salmon, sesame seeds, avocado and soya sauce
contains fish, sesame seeds, soya

ASIAN SALAD £14.00
lemongrass chicken, carrots, spring onions, cucumber, pickled ginger, broccoli, chili, cashew nuts, wasabi and sesame oil dressing
contains fish, nuts, sesame seeds, soya

KING PRAWNS £23.00
papaya salsa, red onion, mango, apple, lime, lemon, coriander, mint and squid ink rice crackers
contains crustaceans, mollusc

SOMETHING A LITTLE MORE

11:00am-20:30pm (weekend until 20:00pm)

BLACK RICE SALAD £16.00
black risotto rice, char-grilled tenderstem broccoli, feta cheese, pomegranate seeds and beetroot dressing
contains dairy

TUNA & AVOCADO £18.50
spiced guacamole with marinated yellow fin tuna, baby spinach and baby gems
contains fish, soya, sesame seeds

SCOTTISH SALMON GRAVALAX £18.00
cured Scottish salmon, labneh, carrot, beetroot, red cabbage lemon and mint salad
contains fish, dairy

COURGETTE SPAGHETTI £15.50
100% organic courgette playfully wrapped with tomato, basil, almond pesto and Parmesan cheese
contains dairy, nuts

CHICKEN WITH COCONUT DHAL CURRY £25.00
Kashmiri-style coconut and spinach dhal curry with crumbed juicy chicken breast

SOMETHING SWEET

HOMEMADE CHOCOLATE BROWNIE £9.00
gluten free brownie served with strawberry coulis
contains eggs, nuts

COCONUT CHIA PUDDING £9.00
topped with fresh mango and lime zest

GREEN TEA-RAMISU £10.00
matcha tiramisu
contains eggs, gluten, dairy

FRESH MIXED BERRIES £10.00
Strawberry water



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COFFEE & CHOCOLATE

ESPRESSO/ CAPPUCINO/ MACCHIATO	£5.50
AMERICANO/FLAT WHITE/LATTE	
DOUBLE ESPRESSO	£6.50
BULLET COFFEE	£6.50
ICED TEA / ICED COFFEE	£6.50
VALRHONA HOT CHOCOLATE	£8.00

TEA

THE LANESBOROUGH CLUB & SPA SIGNATURE TEA	£5.50
white and green tea, mixed berries and citrus fruits uplifting, earthy, mildly sweet, fruity, citrus, lemongrass	
BLACK	£5.50
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	£5.50
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	£5.50
Chinese Gunpowder: invigorating, mineral sweetness, nourishing Japanese Sencha Organic: vegetal, grassy, pine nuts, traditional Moroccan Mint: refreshing, spicy, earthy, faintly smoky	
ORGANIC GREEN MATCHA	£5.50

CHAMPAGNE AND WINE

by the glass

CHAMPAGNE	glass/bottle
Taittinger Brut Réserve NV	£15.00 / £80.00
WHITE	
Esk Valley, New Zealand Sauvignon Blanc, Marlborough, 2016	£14.00
ROSE	
Domaine Fondrèche, Ventoux, France, Rhône 2015	£14.00
RED	
Temporada, Malbec Argentina, Bodegas Fabre Mendoza, 2017	£14.00

MINERALS

WATER	
Blenheim 33cl / 70cl	£3.50 / £5.50
Perrier 33cl	£4.50
No1 Rosemary Water 33cl/ 70cl	£3.50 / £5.50
ORGANIC COCONUT WATER	£4.50
THE REAL KOMBUCHA	£6.00
Dry dragon: green tea, citrus notes of grapefruit and sweet lemons Royal flush: Darjeeling tea, rhubarb and gooseberry Smoke house: black tea, apple and caramel with a delicate smokey top note	

SHAKES

£7.50

THE DAILY SUPERFOOD SHAKE*

- Vanilla flavour
- Chocolate 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 BCAAs (Branch Chain Amino Acids) to enhance performance, support muscle growth and aid your recovery.*

JUICES & SMOOTHIES

£5.00

EARLY RISER: MORNING WORKOUT

anti-inflammatory, high in vitamin C

GREEN BOOSTER

weight loss, healthy skin

GINGER SPICE

reduce muscle pain and soreness

ZESTY JUICE

bone strength

PINK ROYAL

banana, raspberry, cherries, rice milk, honey

KIWI & APPLE

apple juice, banana, kiwi, strawberries, honey

AVO-CHOC

avocado, banana, coconut milk, cocoa powder, agave syrup

HEALTHY SHOTS

£5.00

TURMERIC SHOT

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

GINGER SHOT

regulates sugar levels, cold and flu relief, pain reduction

LEMON DETOX

digestion, hydration, weight loss, skin quality, source of Vitamin C

SPICY POWER SHOT

high in vitamin C, B6 and antioxidants

NO1 ROSEMARY WATER SHOT

anti-aging, enhancing memory and concentration, neurological protection