



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

WEEKDAYS FROM 7AM UNTIL 9PM // WEEKEND FROM 8AM UNTIL 8PM

ALL DAY DINING

COCONUT CHIA PUDDING topped with fresh mango and lime zest	£9.00
OAT PORRIDGE COOKED WITH ALMOND MILK gluten free with caramelised banana and sultanas. <i>contains nuts</i>	£9.00
GRANOLA - ONE OF THE THREE WAYS served with plain yogurt plain (almond, hazelnut, grated coconut) green (pistachio, kale & pumpkin seeds) gluten free (pumpkin seed, sunflower seed, gluten free oat) <i>contains gluten, nuts</i>	£9.00
AMERICAN PANCAKES with maple syrup and blueberries <i>contains eggs, dairy, gluten</i>	£14.00
AVOCADO AND TOAST ON GLUTEN FREE BREAD extra egg on top <i>contains eggs, celery</i>	£12.00 £2.00
FLAT OMELETTE AND MIXED CRESS with cheese or with spicy tomato <i>contains eggs</i>	£14.00

STARTERS

From 11am

ASIAN SALAD lemongrass chicken, carrots, spring onions, cucumber, pickled ginger, broccoli, chili, cashew nuts, wasabi and sesame oil dressing <i>contains sesame, fish, mustard, soya, nuts</i>	£16.00
ANGEL HAIR NOODLE served with green gaspacho, sesame and lime <i>contains sesame, gluten, egg, celery</i>	£14.00
CITRUS, FENNEL, FRISEE SALAD & FETA CHEESE served with lemon, lime, grapefruit segments <i>contains dairy</i>	£16.00
PALM HEART SALAD with quinoa, radicchio and mustard dressing <i>contains sulphate, mustard, egg, dairy, tree nuts, fish</i>	£18.00
KING PRAWNS SAUTEED & PAPAYA SALAD papaya, red onion, mango, apple, lime, lemon, coriander, mint <i>contains crustaceans</i>	£18.00

SANDWICHES

TOASTED CHICKEN WRAP pitabread, peppers, onion, mint, coriander, chicken breast and lemon dressing <i>contains gluten, dairy</i>	£20.00
VEGETABLES CLUB SANDWICH babaganoush, peppers, piquillo pepper, courgette, Portobello mushroom <i>contains gluten, sesame</i>	£18.00
MARINATED SALMON BAGEL smoked salmon, beetroot, lime, gherkin, caper, watermelon radish, dill, chives <i>contains gluten, dairy, fish</i>	£20.00

SNACKS

ENERGY BALLS coconut and Matcha, coconut and dry strawberry, coconut and dark cocoa <i>contains sesame seeds, nuts</i>	each £2.50
OAT BAR oats, dates, plum, pistachios, almonds, banana and coconut oil <i>contains gluten, nuts</i>	£3.50

MAIN COURSES

From 11am

CHARCOAL SALMON with baby spinach, piquillo pepper and curry dressing <i>contains fish</i>	£26.00
SLOW COOKED CHICKEN with stew lentils, carrot, spring onion, ginger and daikon <i>contains gluten, dairy</i>	£26.00
SOBA NOODLES with shitake mushroom, courgette, aubergine, carrot, onion, edamame and ginger <i>contains gluten, soya, sesame</i>	£25.00

SOMETHING SWEET

GLUTEN FREE GRANOLA SNACK BAR dates, nuts and gluten free oats <i>contains nuts</i>	£3.50	CARROT CAKE WITH CHANTILLY CREAM soft gluten free carrot & banana cake dusted with spiced sugar <i>contains nuts</i>	£9.00
BLUEBERRY BAKEWELL BAR tartelette with pistachio cream, blueberry compote & greek yogurt <i>contains nuts, egg, dairy, gluten</i>	£8.00	SELECTION OF FRESHLY CUT SEASONAL FRUIT	£14.00
		ALMOND PANNA COTTA with seasonal fruits & crunchy granola <i>contains dairy, nuts</i>	£9.00



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COFFEE & CHOCOLATE

ESPRESSO/ CAPPUCCINO/ MACCHIATO	£6.00
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	£6.00
white and green tea, mixed berries and citrus fruits uplifting, earthy, mildly sweet, fruity, citrus, lemongrass	
BLACK	£6.00
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	£6.00
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	£6.00
Chinese Gunpowder: invigorating, mineral sweetness, nourishing Japanese Sencha Organic: vegetal, grassy, pine nuts, traditional Moroccan Mint: refreshing, spicy, earthy, faintly smoky	
ORGANIC GREEN MATCHA	£6.00

CHAMPAGNE AND WINE

by the glass

CHAMPAGNE	glass/bottle
Moët & Chandon Brut Impérial NV	£19.00 / £115.00
WHITE	
Chardonnay, "Seifried Estate", New Zealand, 2013	£15.00 / £85.00
Gewurztraminer "Le Classic", France, 2015	£15.00 / £65.00
ROSE	
Domaine Fondrèche, Ventoux, France, 2018	£14.00 / £50.00
RED	
Malbec, Temporada, Argentina 2017	£14.00 / £50.00
Pinot Noir, Nielson by Byron, USA 2014	£25.00 / £95.00

MINERALS

WATER

Blenheim 33cl / 70cl	£4.00 / £6.00
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

beetroot, apple, turmeric, black pepper, strawberry, lemon

GREEN BOOSTER

spinach, kale green apple, lime, cucumber, mint

GINGER SPICE

orange, apple, carrot, ginger

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