



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

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

### STARTERS

From 11am

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

### SANDWICHES

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

### SNACKS

<b>ENERGY BALLS</b> coconut & matcha, coconut & dry strawberry, coconut & dark cocoa <i>contains sesame seeds, nuts</i>	each £2.50
<b>OAT BAR</b> oats, dates, prunes, almonds & coconut oil <i>contains gluten, nuts</i>	£3.50

### MAIN COURSES

From 11am

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

### SOMETHING SWEET

<b>GLUTEN FREE GRANOLA SNACK BAR</b> dates, nuts & gluten free oats <i>contains nuts</i>	£3.50	<b>CARROT CAKE WITH CHANTILLY CREAM</b> soft gluten free carrot & banana cake dusted with spiced sugar <i>contains nuts</i>	£9.00
<b>BLUEBERRY BAKEWELL BAR</b> tartelette with pistachio cream, blueberry compote & Greek yogurt <i>contains nuts, egg, dairy, gluten</i>	£8.00	<b>SELECTION OF FRESHLY CUT SEASONAL FRUIT</b>	£14.00
		<b>ALMOND PANNA COTTA</b> 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
BULLETPROOF COFFEE	£6.50
ICED TEA / ICED COFFEE	£6.50
HOT CHOCOLATE	£8.00

## TEA

<b>THE LANESBOROUGH CLUB &amp; SPA SIGNATURE TEA</b>	£6.00
white & green tea, mixed berries & citrus fruits uplifting, earthy, mildly sweet, fruity, citrus, lemongrass	
<b>BLACK</b>	£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	
<b>HERBAL TEAS</b>	£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	
<b>GREEN</b>	£6.00
Chinese Gunpowder: invigorating, mineral sweetness, nourishing Japanese Sencha Organic: vegetal, grassy, pine nuts, traditional Moroccan Mint: refreshing, spicy, earthy, faintly smoky	
<b>ORGANIC GREEN MATCHA</b>	£6.00

## CHAMPAGNE AND WINE

by the glass

<b>CHAMPAGNE</b>	glass/bottle
Moët & Chandon Brut Impérial NV	£19.00 / £115.00
<b>WHITE</b>	
Chardonnay, "Seifried Estate", New Zealand, 2013	£15.00 / £85.00
Gewurztraminer "Le Classic", France, 2015	£15.00 / £65.00
<b>ROSE</b>	
Domaine Fondrèche, Ventoux, France, 2018	£14.00 / £50.00
<b>RED</b>	
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	£5.50 / £7.00
No1 Botanical Water 33cl	£5.50
Lemon verbana, mint or basil flavour	

### COCONUT WATER

£4.50

### THE REAL KOMBUCHA

£6.00

**Royal flush:** Darjeeling tea, rhubarb & gooseberry

## SHAKES

Plant powered nutrition by FIT DELIS

£7.50

### THE DAILY SUPERFOOD SHAKE\*

- vanilla flavour (almond milk, almond butter & banana)
- chocolate flavour (cocoa, avocado, dates & coconut milk)

*\*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 (mix berries with coconut water)
- chocolate flavour (cocoa, avocado, dates & coconut milk)

*\*\*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, orange, lemon & carrot

### GREEN BOOSTER

spinach, kale green apple, lime, cucumber & mint

### ROAD TO RECOVERY

orange, apple, carrot & ginger

### PINK ROYAL

banana, raspberry, cherry, rice milk & honey

### IMMUNITY

apple juice, banana, kiwi, strawberry & honey

### FIBRE REFRESH

pineapple, mango, coconut oil & coconut milk

## HEALTHY SHOTS

£5.00

### TURMERIC SHOT

turmeric, black pepper & hot water

### LEMON & GINGER SHOT

lemon, ginger & hot water

### SPICY POWER SHOT

celery, lemon, ginger, apple & cayenne pepper

### NO1 ROSEMARY WATER SHOT

spring water containing pure rosemary extract