



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

ALL DAY DINING

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

OAT PORRIDGE £9.00
gluten free cooked with almond milk with caramelised banana and sultanas.
contains nuts

GRANOLA - ONE OF THE THREE WAYS £9.00
served with plain yogurt
plain (oats, chia seeds, cinnamon, vanilla & grated coconut)
green (matcha pineapple, grated coconut & pistachio)
gluten free (pumpkin seed, sunflower seed, gluten free oat)
contains gluten, nuts, dairy

AMERICAN PANCAKES £14.00
with maple syrup and blueberries
contains eggs, dairy, gluten

AVOCADO AND TOAST £12.00
on gluten free bread. Extra egg on top £2.00
contains eggs, celery

FLAT OMELETTE AND MIXED CRESS £14.00
with cheese or with spicy tomato
contains dairy, eggs

STARTERS

From 11am

ASIAN SALAD £16.00
lemongrass chicken, carrots, spring onions, cucumber, pickled ginger, broccoli, chili, cashew nuts, wasabi coriander and sesame oil dressing
contains sesame, fish, mustard, soya, nuts

GREEN BEANS SALAD £16.00
fresh apricots, plums, almond flakes and mustard dressing
contains peanut, mustard

CITRUS, FENNEL, FRISEE SALAD & FETA CHEESE £16.00
served with lemon, lime and grapefruit segments
contains dairy

PALM HEART SALAD £18.00
with quinoa, radicchio and mustard dressing
contains sulphate, mustard, egg, dairy, tree nuts, fish

KING PRAWNS SAUTEED & PAPAYA SALAD £18.00
papaya, red onion, mango, apple, lime, lemon, coriander and mint
contains crustaceans

BLUEBERRY BAKEWELL BAR £8.00
tartelette with pistachio cream, blueberry compote and Greek yogurt
contains nuts, egg, dairy, gluten

ALMOND PANNAHOTTA £9.00
with seasonal fruits and crunchy granola
contains dairy, nuts

SANDWICHES

TOASTED CHICKEN WRAP £20.00
pitabread, peppers, onion, mint, coriander, chicken breast and lemon dressing
contains gluten, dairy

TOMATO MOZZARELLA PANINI £18.00
toasted ciabatta bread, homemade basil pesto, fresh tomato and buffalo mozzarella
contains gluten, dairy, pine nuts

MARINATED SALMON BAGEL £20.00
smoked salmon, beetroot, lime, gherkin, caper, watermelon radish, dill and chives
contains gluten, dairy, fish

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, almonds, hazelnut, soya yogurt and coconut oil
contains gluten, nuts

GLUTEN FREE GRANOLA BAR £3.50
dates, nuts and gluten free oats
contains nuts

MAIN COURSES

From 11am

CHARCOAL SALMON £26.00
with baby spinach, piquillo pepper and curry dressing
contains fish

SLOW COOKED CHICKEN £26.00
with sautéed carrot, carrot ginger purée and crunchy carrot
contains dairy

SOBA NOODLES £25.00
with shitake mushroom, courgette, aubergine, carrot, onion, edamame and ginger
contains gluten, soya, sesame

SOMETHING SWEET

CARROT CAKE WITH CHANTILLY CREAM £9.00
soft gluten free carrot and banana cake dusted with spiced sugar
contains dairy

FRESHLY CUT SEASONAL FRUITS £14.00



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COFFEE & CHOCOLATE

ESPRESSO/ CAPPUCCINO/ MACCHIATO 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, mildly 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	£4.00/£6.50
Perrier 33cl	£4.50
No1 Rosemary water 33cl/ 70cl	£5.50/£7.00
No1 Rosemary sparkling water 33cl	£5.50
<i>Lemon verbana, mint or basil flavour</i>	

ORGANIC COCONUT WATER £4.50

THE REAL KOMBUCHA £6.00

Royal flush: Darjeeling tea, rhubarb and gooseberry

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 BCAA's (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 and carrot

GREEN BOOSTER

spinach, kale green apple, lime, cucumber and mint

ROAD TO RECOVERY

orange, apple, carrot and ginger

PINK ROYAL

banana, raspberry, cherries, rice milk and honey

IMMUNITY

apple juice, banana, kiwi, strawberries and honey

FIBRE REFRESH

pineapple, mango, coconut oil and coconut milk

CHAMPAGNE AND WINE

CHAMPAGNE

Moët & Chandon Brut Impérial NV glass/bottle £19.00 / £115.00

WHITE

Chardonnay, "Seifried Estate", Aotea £15.00 / £85.00
New Zealand, 2013

Gewurztraminer Hugel "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

HEALTHY SHOTS

£5.00

TURMERIC SHOT

turmeric, black pepper and hot water

GINGER SHOT

lemon, ginger and hot water

SPICY POWER SHOT

celery, lemon, ginger, apple and cayenne pepper

NO1 ROSEMARY WATER SHOT

spring water containing pure rosemary extract