



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

from 7.00am - 6.00pm

| Breakfast 7.00-11.30am | | All Day 7.00-6.30pm | |
|---|-----------------|---|----------------------------|
| OAT PORRIDGE Cooked with almond milk with Caramelised banana and sultanas. <i>gluten free contains nuts</i> | £9.00 | TOMATO MOZZARELLA PANINI Toasted ciabatta bread, homemade basil pesto, fresh tomato & buffalo mozzarella <i>contains gluten, dairy & pine nuts</i> | £18.00 |
| GRANOLA WITH YOGHURT Plain (oats, chia seeds, cinnamon, vanilla & grated coconut) Green (pistachios, kale & pumpkin seeds) Gluten Free (gluten free oat, pumpkin & sunflower seeds) <i>contains gluten</i> | £9.00 | ENERGY BALLS coconut & matcha coconut & dry strawberry coconut & dark cocoa <i>contains nuts</i> | £2.50 each |
| AVOCADO AND TOAST Extra egg on top On gluten free bread. <i>contains eggs</i> | £12.00 £2.00 | ASIAN SALAD With lemongrass chicken With tiger prawns With both | £20.00 £22.00 £26.00 |
| FLAT OMELETTE Mixed cress, cheese or spicy tomato <i>contains eggs</i> | £14.00 | Carrots, spring onions, cucumber, pickled ginger, broccoli, chili, cashew nuts, wasabi & sesame oil dressing <i>contains sesame, fish, mustard, soya, nuts</i> | |
| MARINATED SALMON BAGEL* Smoked salmon, beetroot, lime, gherkin, capers, watermelon radish, dill & chives <i>contains gluten</i> <i>*Available on the all day menu</i> | £20.00 | | |



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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, mildy 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 | £4.50/£7.00 |
| Perrier 33cl | £5.00 |
| No1 Rosemary water 33cl/ 70cl | £5.50/£8.00 |
| No1 Rosemary sparkling water 33cl | £5.50 |
| <i>Lemon verbana, mint or basil flavour</i> | |

| | |
|-----------------------|-------|
| ORGANIC COCONUT WATER | £4.50 |
|-----------------------|-------|

SHAKES £7.50

THE DAILY SUPERFOOD SHAKE*

- Vanilla 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

GREEN BOOSTER

spinach, kale green apple, lime, cucumber and mint

EARLY RISER MORNING WORKOUT

beetroot, orange, lemon and carrot

PINK ROYAL

banana, raspberry, cherries, rice milk and honey

IMMUNITY

apple juice, banana, kiwi, strawberries and honey

CHAMPAGNE & 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" £15.00 / £65.00
France, 2015

ROSE

Domaine Fondrèche, Ventoux, £14.00 / £50.00
France, 2018

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

NO1 ROSEMARY WATER SHOT

spring water containing pure rosemary extract