



THE LANESBOROUGH
Club & Spa
LONDON

Menu available
from 8am to 6pm

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

BREAKFAST ALL DAY DINING

LIFESTYLE POACHED EGG  £15
crushed cherry tomatoes, ginger and kale on gluten free bread, served with 2 eggs
contains eggs
add egg £2

EGGS OF YOUR CHOICE £16
poached, fried, scrambled or omelette with your choice of fillings:
tomato, onion, pepper, mushroom, spinach and chilli

add ham or smoked salmon £8
contains eggs, fish


AVOCADO ON TOAST (V) £13
gluten free bread with an egg £2
contains eggs with halloumi £4

OAT PORRIDGE (V) £9
cooked with almond milk, caramelised banana and sultanas
contains nuts with protein powder £12

AMERICAN PANCAKES  £16
with maple syrup and blueberries
contains eggs, nuts with protein powder £19

STARTERS & SALADS

BREAD AND OLIVES (V) £7
contains gluten, dairy

STARTER SELECTION  FOR 1 OR FOR 2 £15 / £30
grilled halloumi, tzatziki, chickpea hummus, falafel and baba ghanoush with cucumber, carrot, celery and cherry tomatoes
contains sesame, dairy, gluten

BLACK RICE SALAD (V) Starter / Main £10 / £16
black risotto rice, char-grilled tenderstem broccoli, vegan Greek cheese, pomegranate seeds and beetroot dressing

SAUTEED KING PRAWN & PAPAYA SALAD £18 / £25
red onion, mango, apple, lime, lemon, coriander and mint
contains crustaceans

NICOISE SALAD £15 / £22
Spanish tuna, green beans, hard-boiled egg, olives, anchovies, potato and tomato
contains eggs, fish, mustard

 - VEGETARIAN
(V) - VEGAN

MAIN COURSES

DESIGN YOUR DISH £28
compose your main by choosing one protein, one side dish and a dressing
extra side dish £8

PROTEIN
chicken breast
lamb fillet
salmon
sea bass
grilled halloumi

SIDE DISH
steamed seasonal vegetables
boiled new potatoes
sweet potato wedges
brown rice
spinach
mixed salad

SAUCE
lemon dressing
antiboise sauce
spiced mint sauce
chimichurri
curry dressing

ASIAN SALAD £18
carrots, spring onions, cucumber, pickled ginger, broccoli, chilli, cashew nuts, wasabi and sesame oil dressing
contains sesame, fish, crustacean, molluscs, soya, nuts

with lemongrass chicken £22
with tiger prawns £24
with both £28

TOMATO MOZZARELLA PANINI  £18
toasted ciabatta bread, homemade basil pesto, fresh tomato and buffalo mozzarella
contains gluten, dairy, pine nuts


TOASTED CHICKEN WRAP £20
pitta bread with peppers, onion, mint, coriander, chicken breast and lemon dressing served with mixed salad
contains gluten, eggs

SOBA NOODLE MISO (V) £25
with carrot, miso paste, ginger, chilli, coriander, edamame and sesame
contains sesame, celery, soya, gluten, mustard



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SWEETS

CARROT CAKE WITH CHANTILLY CREAM 	
soft gluten free carrot and banana cake dusted with spiced sugar <i>contains nuts, dairy</i>	£10
COCONUT CHIA PUDDING (V)	£10
topped with fresh mango and lime zest	
FRESH FRUIT SALAD (V)	£14
CHOCOLATE BROWNIE (V)	£10
gluten free brownie served with strawberry coulis <i>contains nuts</i>	
AMERICAN PANCAKES 	£16
with maple syrup and blueberries <i>contains eggs, nuts</i>	
with protein powder	£19

TEA £7

THE LANESBOROUGH CLUB & SPA SIGNATURE TEA
Turmeric root, apples pieces, liquorice, rosehip, lemon verbena,
black peppercorns, peppermint

BLACK

Lanesborough Breakfast: fragrant, dates, robust
Earl Grey Supreme: elegant, citrus, bergamot
Assam Dejoo: bold, smooth, slightly malty, roasted

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

SPARKLING

GIBSON'S GOODOLOGY	£8
Pure Love: Shiso tea and blueberry	
Pure Harmony: Jasmine tea and rhubarb	
Pure Joy: Green tea and passion fruit	
NOUGHTY, THOMSON & SCOTT	£10
Organic alcohol free wine	

COFFEE & CHOCOLATE

ANY COFFEE	£7
DOUBLE ESPRESSO	£7
BULLET COFFEE	£7
PROFY (protein shake with double espresso)	£9
ICED TEA / ICED COFFEE	£7
VALRHONA HOT CHOCOLATE	£8

JUICES & SMOOTHIES £7.50

GREEN BOOSTER

spinach, kale green apple, lime, cucumber and mint

PINK ROYAL

banana, raspberry, cherry, rice milk and honey

IMMUNITY

apple juice, banana, kiwi, strawberry and honey

EARLY RISER MORNING WORKOUT

beetroot, orange, lemon and carrot

HEALTHY SHOTS

TURMERIC	£5
anti-inflammatory, relieves pain, aids digestion, improves liver function	
GINGER	£5
regulates sugar levels, cold and flu relief, pain reduction	
TURMERIC & GINGER	£7

CHAMPAGNE & WINES

CHAMPAGNE	<i>Glass 125ml / bottle</i>
Moët & Chandon Brut Impérial NV	£19 / £115
WHITE	
Marques de Arviza "La Mission", 2021	£10 / £52
Sauvignon Blanc, Cloudy Bay, 2022	£15 / £80
ROSÉ	
Whispering Angel, Château d'Esclans, 2021	£14 / £72
RED	
Malbec, Terrazes de los Andes, 2019	£10 / £52
Bourgogne "Le Renard", Devillard, 2019	£14 / £72

PROTEIN SHAKES (V) £7.50

THE DAILY SUPERFOOD SHAKE*

- Vanilla	(almond milk, banana, cashew butter)
- Mixed berry	(coconut water, mixed berries)
- Chocolate	(coconut milk, avocado, dates)

ADD ON FOR £2

- Nuts	- Avocado
- Frozen berries	- Dates
- Oat	- Banana

**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*