



THE LANESBOROUGH
Club & Spa
LONDON

SPA RESTAURANT DAY MENU

Service times: 8am – 6pm

JUICES & SMOOTHIES

Green Booster 131kcal £7.50

*Spinach, kale green apple,
lime, cucumber & mint*

Pink Royal 190kcal £7.50

*Banana, raspberry, cherry,
rice milk & honey*

Immunity 202kcal £7.50

*Apple juice, banana, kiwi,
strawberry & honey*

Early Riser Morning Workout .. £7.50

Beetroot, orange, lemon & carrot 171kcal

HEALTHY SHOTS

Turmeric 40kcal £5

*Anti-inflammatory, relieves pain,
aids digestion, improves liver function*

Ginger 47kcal £5

*Regulates sugar levels, cold
and flu relief, pain reduction*

Turmeric & Ginger 43kcal £7

PROTEIN SHAKES

All at £7.50

The Daily Superfood Shake*

Vanilla – almond milk, banana, cashew butter 319kcal

Mixed berry – coconut water, mixed berries 246kcal

Chocolate – coconut milk, avocado, dates 280kcal

Add on for £2

Nuts 158kcal Avocado 120kcal Frozen berries 42kcal

Dates 100kcal Oat 97kcal Banana 61kcal

**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 and maca.

Allergen abbreviations

Peanuts | Nuts | Crustaceans | Molluscs | Fish | Egg | Dairy

Gluten | Soya | Sesame seeds | Celery | Mustard | Lupin | Sulphur Dioxide

 *Vegetarian*  *Vegan*

Should you have any dietary or allergen requirements, please do inform our team.

All prices are inclusive of VAT. A discretionary service charge of 15% will be added to your bill.

BREAKFAST – ALL DAY DINING

Lifestyle poached eggs ✿ 359kcal £15

Ginger, kale, crushed cherry tomatoes, gluten free toast, poached eggs E

~ extra egg 70kcal (each)..... £2

Coconut chia pudding ♥ 328kcal £10

Fresh mango & lime

Rolled porridge oats ✿ 595kcal £9

Caramelized banana, sultanas, Brazil nuts N

~ with protein powder 121kcal £12

Choice of Clarence Court free range eggs ✿ 324kcal £16

Scrambled, poached or boiled E

Omelette with your choice of fillings 352kcal £16

Tomato, onion, pepper, mushroom, spinach and chilli E F

~ add ham or smoked salmon from 80kcal supplement £8

Avocado on gluten free toast ✿ 577kcal £17

Served with poached eggs or Halloumi cheese E D

American style pancake ✿ 335kcal £16

Maple syrup E N

~ with protein powder 121kcal £19

STARTERS & SALADS

Bread & olives 🌱 544kcal £7
G

Mezze platter 🌿 787kcal / 1460kcal £15 / for 2, £30
Grilled halloumi, tzatziki, falafel, hummus, crudités,
pickles, baba ganoush Se D G

Var salmon poké bowl 1,014kcal £18
Sashimi salmon, avocado, buckwheat, edamame, sesame seeds G F Se So

Sautéed king prawn & papaya salad 364kcal / 546kcal starter £18 / main £25
Mango, papaya, red pepper, lime, granny smith apple Cr

Tuna Niçoise salad 296kcal / 444kcal starter £15 / main £22
Albacore tuna, green beans, anchovies, Ratte potatoes,
olives, soft boiled egg E F

Einkorn wheat paleo salad 🌱 469kcal starter £16 / main £23
Einkorn wheat berry, smoked tomatoes,
vegan feta cheese and olives Mu

Sea bass ceviche 349kcal £18
Toasted pecan nuts, citrus fruits, fennel F N Mu

Chicken Caesar Salad 679kcal £32
Fried chicken, anchovies, parmesan, sourdough croutons G E F D Mu

MAIN COURSES

Grass fed ribeye steak 250g 1,019kcal..... £42

Organic green leaf salad D Mu

~ with Béarnaise sauce supplement £2

~ with Peppercorn sauce supplement £2

~ with Chimichurri sauce supplement £2

Corn fed chicken breast 523kcal..... £30

Tenderstem broccoli, smoked almond, lemon N

Grilled chicken wrap 946kcal..... £21

Chicken breast, peppers, onion, mint, coriander, lemon dressing G E

Marinated grilled tofu 🌱 452kcal..... £25

Buckwheat soba noodles, dashi broth G So Se

Tomato and mozzarella panini 🌱 746kcal..... £18

Buffalo mozzarella, basil pesto, toasted ciabatta G D N

Asian vegetable salad 886kcal

Chilli, broccoli, cashew nut, wasabi and sesame seed dressing Se F Cr Mo So N

~ with lemongrass chicken..... £22

~ with tiger prawns..... £24

~ with prawns and chicken..... £28

Charred Scottish halibut 515kcal..... £30

Samphire, tomato and caper salsa F

Linguine 🌱 364kcal..... £27

Gluten free spaghetti, garlic, spring onion, red chilli and basil L

Sides

All at £8 each

Brown rice 288kcal

Black rice 207kcal

Halloumi 510kcal

Steamed vegetables 127kcal

Sweet potato wedges 143kcal

Sauces

All at £2 each

Antiboise sauce 66kcal

Chimichurri sauce 101kcal

Curry dressing 61kcal

Spicy mint sauce 33kcal

SWEETS

| | |
|---|-----|
| Carrot cake ✨ 455kcal | £10 |
| <i>Chantilly cream, spiced sugar N D</i> | |
| Coconut chia pudding 🍌 328kcal | £10 |
| <i>Fresh mango and lime</i> | |
| Chocolate brownie 🍫 599kcal | £10 |
| <i>Gluten free brownie, strawberry coulis N</i> | |
| American pancakes 335kcal | £16 |
| <i>Maple syrup, blueberries E N</i> | |
| <i>~ with protein powder</i> 121kcal | £19 |
| Fresh fruit salad 🍓 407kcal | £14 |

COFFEE & CHOCOLATE

| | |
|--|----|
| Coffee of your choice 5kcal – 132kcal | £8 |
| Bullet Coffee 112kcal | £8 |
| Profy (<i>protein shake with double espresso</i>) | £9 |
| Ice Tea / Iced Coffee 20kcal / 82kcal | £8 |
| Valhrona Hot Chocolate 124kcal | £8 |

TEA £8

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

Green

Japanese Sencha Organic: vegetal, grassy, pine nuts, traditional

Moroccan Mint: refreshing, spicy, earthy, faintly smoky

Organic Green Matcha

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

CHAMPAGNE & WINES

Champagne

125ml glass / bottle

Moët & Chandon Brut Impérial NV £20 £115

White

Marques de Arviza 'La Mission', 2021 £10 £52

Sauvignon Blanc, Cloudy Bay, 2022 £14 £80

Rosé

Whispering Angel, Château d'Esclans, 2021 £14 £72

Red

Malbec, Terrazes de los Andes, 2019 £10 £52

Bourgogne 'Le Reillard', Devillard, 2019 £14 £72

Sparkling Alcohol Free

Noughty, Thompson & Scott £10

Organic alcohol free wine

OETKER COLLECTION

Masterpiece Hotels

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www.lanesboroughclubandspa.com