

CHAMPAGNE & WINES

Champagne	125ml glass / bottle	
Laurent-Perrier La Cuvée	£25	£120
White		
Bodega Vetus, Flor de Vetus, 2024	£15	£78
Rueda, Spain “Verdejo”		
Cloudy Bay, Sauvignon Blanc, 2024	£18	£99
Marlborough, New Zealand “Sauvignon Blanc”		
Rosé		
Château d’Esclans, Whispering Angel 2024	£17	£88
Provence, France “Cinsault, Rolle Blend”		
Red		
Terrazes de los Andes, Malbec, 2023	£16	£80
Esprit de Pavie 2019	£18	£100
Bordeaux, France, “Cabernet Sauvignon Blend”		
Sparkling Alcohol Free		
Noughty, Thompson & Scott	£13	
Organic alcohol free wine		



THE LANESBOROUGH
Club & Spa
LONDON

SPA RESTAURANT DAY MENU

Service times: 8am – 6pm

JUICES & SMOOTHIES

Green Booster 131kcal £8.50
Spinach, kale green apple, lime, cucumber & mint

Pink Royal 190kcal £8.50
Banana, raspberry, cherry, rice milk & honey

Immunity 202kcal £8.50
Apple juice, banana, kiwi, strawberry & honey

Early Riser Morning Workout .. £8.50
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 £9.50

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 SD*
~ with protein powder 121kcal £12

Choice of Clarence Court free range eggs 🌿 324kcal £16
Scrambled, poached or boiled *E G*

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

🌿 Vegetarian 🥥 Vegan

STARTERS & SALADS

Bread & olives 🥗 544kcal £7
G D

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

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

Sautéed king prawn & papaya salad 364kcl / 546kcal starter £18 / main £25
Mango, chilli, 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 G SD*

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

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

🌿 Vegetarian 🥥 Vegan

MAIN COURSES

Corn fed chicken breast 523kcal £30
Tenderstem broccoli, smoked almond, lemon *N SD*

Grilled chicken wrap 946kcal £25
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
Asian greens, broccoli, cashew nut, chilli, wasabi and sesame seed dressing *Se F So N*
~ with lemongrass chicken £22
~ with tiger prawns *Cr* £24
~ with prawns and chicken *Cr* £28

Charred Scottish halibut 515kcal £30
Samphire, tomato and caper salsa *F SD*

Gluten free pasta 🥗 364kcal £27
Garlic, spring onion, red chilli and basil *L*

Sides
All at £8 each
Brown rice 288kcal
Black rice 207kcal
Halloumi 510kcal *D*
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

🌿 Vegetarian 🥥 Vegan

SWEETS

Carrot cake 🌿 455kcal £10
Chantilly cream, spiced sugar *N D*

Coconut chia pudding 🥥 328kcal £10
Fresh mango and lime

Chocolate brownie 🥗 599kcal £10
Gluten free brownie, strawberry coulis *N*

American pancakes 335kcal £16
Maple syrup, blueberries *E N*
~ with protein powder 121kcal £19

Fresh fruit salad 🥗 407kcal £14

COFFEE & CHOCOLATE

Coffee of your choice 5kcal – 132kcal £8
Bullet Coffee 112kcal £8
Profy (protein shake with double espresso) £9
Ice Tea / Iced Coffee 20kcal / 82kcal £8
Valrhona 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