

CHAMPAGNE & WINES

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

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Sparkling Alcohol Free

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ESBOROUGH *ib & Spa* LONDON

TAURAN ER MENU

times: 6pm – 8.30pm

JUICES & SM

Green Booster <i>131kcal</i> £8.50	Turmeric <i>40kcal</i> £5
<i>Spinach, kale green apple, lime, cucumber & mint</i>	<i>Anti-inflammatory, relieves pain, aids digestion, improves liver function</i>
Pink Royal <i>190kcal</i> £8.50	Ginger <i>47kcal</i> £5
<i>Banana, raspberry, cherry, rice milk & honey</i>	<i>Regulates sugar levels, cold and flu relief, pain reduction</i>
Immunity <i>202kcal</i> £8.50	Turmeric & Ginger <i>43kcal</i> £7
<i>Apple juice, banana, kiwi, strawberry & honey</i>	
Early Riser Morning Workout . . . £8.50	
<i>Beetroot, orange, lemon & carrot</i> <i>171kcal</i>	

PROTEIN SH

The Daily Superfood Smoothies

- Vanilla – almond milk, banana, cashew butter, chia seeds, honey*
- Mixed berry – coconut water, mixed berries, lime juice, mint leaves, agave nectar*
- Chocolate – coconut milk, avocado, dark chocolate, banana, almond butter, cacao powder*

Add on for £2
Nuts 158kcal Avocado 120kcal Frozen berries
Dates 100kcal Oat 97kcal Banana 61kcal

**Full of essential amino acids, vitamins, minerals, antioxidants and a properties that serve as a platform for daily well-being and vitality. Containing a blend of super-fit greens of spirulina, alfalfa and m*

Allergen abbreviations
Peanuts | Nuts | Crustaceans | Molluscs | Fish | Egg | Dairy
Gluten | Soya | Sesame seeds | Celery | Mustard | Lupin | Sulphur Di

 Vegi

*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*



THE LANESBOROUGH
Club & Spa
LONDON

Email: membership@lanesboroughclubandspa.com
Telephone: +44 (0)207 333 7063
www.lanesboroughclubandspa.com

£

STARTERS & SALADS

Lanesborough Club Sandwich 953kcal	£29
Chicken, bacon, lettuce, tomato, egg, served with fries	G D E Mu SD
Asian vegetable salad 886kcal	
Asian greens, broccoli, cashew nut, chilli, wasabi and sesame seed dressing	G F Cr Mo So N
~ with lemongrass chicken	£22
~ with tiger prawns	£24
~ with prawns and chicken	£28
Sashimi salmon poké bowl 1,014kcal	£18
Salmon, avocado, buckwheat, edamame, sesame seeds	G F Se So
Chicken Caesar salad 679kcal	£32
Chicken, anchovies, parmesan, sourdough croutons	G E F D Mu SD
Fattoush salad 554kcal	£32
Mixed vegetable served with sumac, fried bread, lemon & olive oil	G
Charcuterie Board 689kcal/1,377kcal	£25/£50
Spiced coppa, air-dried beef, King Peter ham & Westcombe pepperoncino	G SD

Vegetarian Vegan

£

MAIN COURSES

Charred Scottish halibut 515kcal	£30
Samphire, tomato and caper salsa	F SD
Margherita pizza 889kcal	£28
Tomato base, mozzarella, basil	G D
Battered Cod and Chips 1,086kcal	£35
Triple cooked chips, tartare sauce, pea purée	G, E, F, D, Mu, SD
Grass fed ribeye steak 250g 1,019kcal	£42
Organic green leaf salad	Mu SD
~ with Béarnaise sauce	E D SD
supplement £2	
~ with Peppercorn sauce	D SD
supplement £2	
~ with Chimichurri sauce	SD
supplement £2	
Corn fed chicken breast 523kcal	£30
Tenderstem broccoli, smoked almond, lemon	N SD
Sides	
<i>Charred tenderstem broccoli</i> 67kcal	£8
<i>French fries</i> 668kcal	£8
<i>Truffled french fries</i> 698kcal	£12
<i>Sweet potato fries</i> 740kcal	£8
<i>Sautéed spinach</i> 82kcal	£8

Vegetarian Vegan

£

DESERTS

Guanaja Chocolate Mousse 335kcal D E	£28
Caramelised Pineapple Cake 338kcal	£18

<i>Lime zest, coconut sorbet</i>	
Strawberry and Vanilla Cheesecake 375kcal	£28
<i>Strawberry compote</i> D F G	
British Cheese Board 402kcal/802kcal	£25/£50

COFFEE & CHOCOLATE

Coffee of your choice 5kcal – 138kcal	£28
Bullet Coffee 112kcal	£28
Profy (protein shake with double espresso)	£29
Ice Tea / Iced Coffee 20kcal / 82kcal	£28
Valhrona Hot Chocolate 124kcal	£28

TEA £8

The Lanesborough Club & Spa Signature Tea	
<i>Turmeric root, apples pieces, liquorice, rosehip, lemon verbena, basil, pepperoncino, peppermint</i>	

Black

Lanesborough Breakfast: fragrant, date, raisins
Earl Grey Supreme: elegant, citrus, bergamot
Assam Déjoo: bold, smooth, slightly malty, roasty

Herbal Teas

Beautiful Skin: delicate, sweet, herbaceous, detoxifying
Arming Muscles: refreshing, ideal for aching or strained muscles

Green

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

Healthy Immunity: robust, great immunity booster, vitamin C

Moroccan Mint: refreshing, spicy, earthy, faintly smoky

Tea in Kettle: well balanced, detoxifying, regents

Organic Green Matcha