



THE LANESBOROUGH
Club & Spa
LONDON

SPA RESTAURANT DAY MENU

Service times: 8am – 6pm

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

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 364kcal / 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

MAIN COURSES

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

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

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>	
~ 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
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

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.*

CHAMPAGNE & WINES

Champagne

125ml glass / bottle

Moët & Chandon Brut Impérial NV £21 £115

White

Bodega Vetus, Flor de Vetus, 2022 £12 £60
Rueda, Spain "Verdejo"

Cloudy Bay, Sauvignon Blanc, 2022 £15 £82
Marlborough, New Zealand "Sauvignon Blanc"

Rosé

Château d'Esclans, Whispering Angel 2022 £14 £74
Provence, France "Cinsault, Rolle Blend"

Red

Terrazes de los Andes, Malbec, 2021 £13 £60
Esprit de Pavie 2017 £16 £80
Bordeaux, France, "Cabernet Sauvignon Blend"

Sparkling Alcohol Free

Noughty, Thompson & Scott £11
Organic alcohol free wine

OETKER COLLECTION

Masterpiece Hotels

Email: membership@lanesboroughclubandspa.com

Telephone: +44 (0)207 333 7063

www.lanesboroughclubandspa.com