

## 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 Pavié 2017* ..... £16    £80  
*Bordeaux, France, “Cabernet Sauvignon Blend”*

**Sparkling Alcohol Free**  
*Noughty, Thompson & Scott* ..... £11  
*Organic alcohol free wine*



THE LANESBOROUGH  
*Club & Spa*  
 LONDON

# SPA RESTAURANT DAY MENU

OETKER COLLECTION  
 Masterpiece Hotels

Email: [membership@lanesboroughclubandspa.com](mailto:membership@lanesboroughclubandspa.com)  
 Telephone: +44 (0)207 333 7063  
[www.lanesboroughclubandspa.com](http://www.lanesboroughclubandspa.com)

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 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** 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 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*

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## 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*

🌿 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 Dejo: 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*