

## Tea Selection & Infusions

Matcha Green Tea	9
Matcha Latte	10
Jasmine	8
Breakfast Tea	8
Darjeeling	8
Earl Grey	8

## Coffee

Flat White	8
Americano	8
Filter Coffee	8
Latte	8
Espresso/Double	8
Hot Chocolate	11

## Morning Shakes & Juices

Green Boost (ve) <i>Almond Milk, Avocado, Green Apple, Spinach, Dates, Banana</i> 242 Kcal	15
Fitness & Protein (ve) <i>Omega Seed Butter, Chia, Dates Raw Almond Milk, Blueberries Banana, Hemp</i> 131Kcal	15
Green Juice (ve) <i>Granny Smith Apple, Kale Cucumber, Spinach, Lemon, Ginger</i> 66 Kcal	13
Turmeric Tonic (ve) <i>Acacia Honey, Lime Himalayan Salt</i> 204 Kcal	13
Ruby Red (ve) <i>Carrot, Beetroot, Orange Lemon, Ginger</i> 83 Kcal	13

## Continental Breakfast

Hot Drink, Freshly Squeezed Juice	35
Homemade Pastry Basket, Toast	1021 Kcal

## Connaught Breakfast

Hot Drink, Freshly Squeezed Juice	45
Homemade Pastry Basket, Eggs cooked to your liking, choice of 2 Side Dishes, Toast	1359 Kcal

## Full English Breakfast

Eggs cooked to your liking, Sausages, Bacon, Baked Beans, Tomato, Mushroom, Black Pudding, Toast	1159 Kcal
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## Bowls

Vanilla Chia Bowl (ve) <i>Seasonal Fruits, Dates, Cacao, Brazil Nuts, Coconut Milk</i> 143 Kcal	18.5
Açai Bowl (ve) <i>Coconut Yoghurt, Banana Cacao Nibs</i> 434 Kcal	17
Bircher Muesli (v) <i>Apples, Nuts</i> 227 Kcal	15
Granola & Yogurt (v) 229 Kcal <i>add Seasonal Berries</i> 283 Kcal	17 8
Porridge (v) Choice of: <i>Berries, Brazil Nuts, Flaked Almonds, Bananas, Sultanas or Honey</i> 370 Kcal	12
Organic Gluten Free Porridge (v) <i>Hemp Seeds, Brazil Nuts, Dates Bee Pollen, Goji Berries. Blueberries,</i> 63 Kcal	16
Mixed Berries (ve) 54 Kcal	23
Assorted Fruits (ve) 160 Kcal	18.5

## Savoury

Avocado on Granary Toast (ve) <i>Sunflower Seeds, Lime, Chilli</i> 399 Kcal <i>add 2 Poached Eggs</i> 465 Kcal <i>add Oak Smoked Salmon</i> 528 Kcal	19 9 15
Broccoli & Cheddar Egg Bap (v) <i>Pickled Chilli, Basil</i> 685 Kcal <i>add Dry Cured Bacon</i> 768 Kcal <i>add Oak Smoked Salmon</i> 814 Kcal	24 9 15
Rice & Lentil Flour Dosa <i>add Greek Yoghurt, Avocado (v)</i> 127 Kcal <i>add Cheddar, Egg, Sambal Sauce</i> 111 Kcal	22 24
Kitchari (v) <i>Yoghurt, Mint, Fermented Carrot Turmeric</i> 138 Kcal	18
Scottish Oak Smoked Salmon <i>Dill, Sour Cream, Blinis</i> 510 Kcal	28
Sweet (v) Homemade Pastry Selection <i>Croissant, Pain Au Chocolat Chausson, Danish</i> 614 Kcal	17
Gluten Free Almond Pancakes <i>Banana Whipped Cream Maple Syrup, Almond Butter</i> 423 Kcal	20
French Brioche Toast <i>Roasted Fruit</i> 328 Kcal	22
Buttermilk Pancakes <i>Seasonal Berries, Banana</i> 304 Kcal	20
Waffles <i>Blueberries, Whipped Cream</i> 312 Kcal	22

## St Ewe Free Range Eggs

Truffle Scrambled Eggs (v) 369 Kcal	40
Benedict or Royale 420/433 Kcal	26
Florentine (v) 380 Kcal	24
Boiled Eggs (v) 144 Kcal <i>Buttered Soldiers</i>	16
Scrambled Eggs (v) <i>Oak Smoked Salmon</i> 461 Kcal	29
Omelette <i>Choice of filling: Tomatoes, Onions Peppers, Mushrooms, Spinach Chillies, Cheese or Ham</i> 338 Kcal	25

## Sides

Avocado (ve) 239 Kcal	12
Roast Mushrooms (ve) 87 Kcal	9
Baked Beans (ve) 74 Kcal	9
Hash Brown (v) 90 Kcal	9
Dry Cured Bacon 207 Kcal	9
Grilled Tomatoes (ve) 17 Kcal	9
Toast, Jam & Butter 341 Kcal	6.5
Homemade Sausages 618 Kcal	9
Oak Smoked Salmon 167 Kcal	15

Please inform us of any allergies and / or dietary requirements.

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

Calorie figures are approximate