

Tea Selection & Infusions

Matcha Green Tea	6.5
Jasmine Pearls	6.5
Breakfast Tea	6.5
Darjeeling Beauty	6.5
Earl Grey French Blue	6.5

Coffee

Flat White	7.5
Americano	7.5
Filter Coffee	7.5
Latte	7.5
Espresso Single/Double	5/7.5
Hot Chocolate	7.5

Morning Shakes & Juices

Maca-Cacao Energy	11
<i>Maca, Cacao, Cinnamon Banana, Strawberry, Coconut</i>	
Yogurt, Berry & Pollen Defence	11
<i>Yogurt, Strawberry, Raspberry Blueberry, Local Bee Pollen, Honey</i>	
Fitness & Protein	11
<i>Omega Seed Butter, Chia, Dates Raw Almond Milk, Blueberries Banana, Hemp</i>	
Green Juice	9
<i>Granny Smith Apple, Kale Cucumber, Spinach, Lemon, Ginger</i>	
Ruby Red Juice	9
<i>Carrot, Beet, Orange, Lemon, Ginger</i>	
Turmeric Tonic	9
<i>Acacia Honey, Lime, Himalayan Salt</i>	

Continental Breakfast

<i>Hot Drink, Freshly Squeezed Juice Homemade Pastry Basket</i>	32
---------------------------------------------------------------------	----

Connaught Breakfast

<i>Hot Drink, Freshly Squeezed Juice Homemade Pastry Basket Eggs of your Choice & 2 Side Dishes</i>	38
-----------------------------------------------------------------------------------------------------------------	----

Full English Breakfast

<i>Eggs of your Choice; Sausages Bacon, Baked Beans, Tomato Mushroom, Black Pudding</i>	22
-------------------------------------------------------------------------------------------------	----

Bowls

Wild Blueberry Bowl	16
<i>Jungle Peanut Butter Fresh & Dried Fruit</i>	

Vanilla Chia Bowl	13
<i>Dates, Cacao, Brazil Nuts Hemp, Fruit</i>	

Seasonal Fruit with Yogurt	9
<i>Pollen, Salted Oats & Seeds</i>	

Bircher Muesli	9
<i>Apples, Nuts</i>	

Granola & Yogurt	12
<i>with Seasonal Berries</i>	

Porridge	9
<i>Bananas, Sultanas, Brown Sugar</i>	

Mixed Summer Berries	18
----------------------	----

Assorted Fruits	14
-----------------	----

On Toast

Avocado	13
<i>Cumin, Lime, Chilli, Granary Toast with 2 Poached Eggs</i>	

with Smoked Salmon	19
--------------------	----

Crushed Peas & Mint	15
<i>Burrata, Seeds & Pea Shoots Granary Toast</i>	

Baked Beans	12
<i>Homemade Chorizo, Granary Toast</i>	

Savoury

Dosa	15
<i>Rice & Lentil Flour Crêpe Yogurt, Avocado</i>	

Kitchari	11
<i>Yogurt, Mint, Fermented Carrot Turmeric</i>	

H. Forman's Smoked Salmon	20
<i>Dill, Sour Cream, Blinis</i>	

Smoked Kippers	18
<i>Poached Egg, Herb Butter, Potatoes</i>	

Sweet

Homemade Pastry Basket	13
<i>Croissant, Pain Au Chocolat Blueberry Brioche, Pain Au Raisin</i>	

Gluten Free Almond Pancakes	18
<i>Banana Whipped Cream Maple Syrup</i>	

French Brioche Toast	16
<i>Roasted Fruit</i>	

Buttermilk Pancakes	15
<i>Seasonal Berries, Banana</i>	

Belgian Waffles	14
<i>Blueberries, Whipped Cream</i>	

Free Range Eggs

Truffle Scrambled Eggs	35
------------------------	----

Benedict, Royal or Florentine	19
-------------------------------	----

Boiled Eggs	9
<i>Buttered Soldiers</i>	

Scrambled Eggs	19
<i>Oak Smoked Salmon</i>	

Sunny Side Up Frittata	12
<i>Broccoli, Bacon Montgomery Cheddar</i>	

Omelette	18
<i>Choice of: Tomatoes, Onions Peppers, Mushrooms, Spinach Chillies, Cheese or Ham</i>	

Sides

Avocado	6
---------	---

Roast Mushroom	6
----------------	---

Baked Beans	6
-------------	---

Hash Browns	6
-------------	---

Dry Cured Bacon	6
-----------------	---

Grilled Tomatoes	6
------------------	---

Homemade Sausage	8
------------------	---

H. Forman's Smoked Salmon	12
---------------------------	----

Executive Chef Anshu Anghotra

Executive Pastry Chef Nicolas Rouzaud

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 12.5% will be added to your bill.