

## Tea Selection & Infusions

Matcha Green Tea	7.5
Jasmine Pearls	7.5
Breakfast Tea	7.5
Darjeeling Beauty	7.5
Earl Grey French Blue	7.5

## Coffee

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

## Morning Shakes & Juices

Maca-Cacao Energy	12
<i>Maca, Cacao, Cinnamon Banana, Strawberry, Coconut</i>	
Yogurt, Berry & Pollen Defence	12
<i>Yogurt, Strawberry, Raspberry Blueberry, Local Bee Pollen, Honey</i>	
Fitness & Protein	12
<i>Omega Seed Butter, Chia, Dates Raw Almond Milk, Blueberries Banana, Hemp</i>	
Green Juice	10
<i>Granny Smith Apple, Kale Cucumber, Spinach, Lemon, Ginger</i>	
Ruby Red Juice	10
<i>Carrot, Beet, Orange, Lemon, Ginger</i>	
Turmeric Tonic	10
<i>Acacia Honey, Lime, Himalayan Salt</i>	

## Continental Breakfast

<i>Hot Drink, Freshly Squeezed Juice Homemade Pastry Basket</i>	32
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## Connaught Breakfast

<i>Hot Drink, Freshly Squeezed Juice Homemade Pastry Basket Eggs of your Choice &amp; 2 Side Dishes</i>	38
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## Full English Breakfast

<i>Eggs of your Choice; Sausages Bacon, Baked Beans, Tomato Mushroom, Black Pudding</i>	24
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## Bowls

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

Vanilla Chia Bowl	16
<i>Dates, Cacao, Brazil Nuts Hemp, Fruit</i>	

Seasonal Fruit with Yogurt	12
<i>Pollen, Salted Oats &amp; Seeds</i>	

Bircher Muesli	12
<i>Apples, Nuts</i>	

Granola & Yogurt	12
<i>with Seasonal Berries</i>	16

Porridge	12
<i>Bananas, Sultanas, Brown Sugar</i>	

Mixed Summer Berries	18
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Assorted Fruits	14
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## On Toast

Avocado	13
<i>Cumin, Lime, Chilli, Granary Toast with 2 Poached Eggs</i>	20

with Smoked Salmon	22
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Crushed Peas & Mint	15
<i>Burrata, Seeds &amp; Pea Shoots Granary Toast</i>	

Baked Beans	15
<i>Homemade Chorizo, Granary Toast</i>	

## Savoury

Dosa	19
<i>Rice &amp; Lentil Flour Crêpe Yogurt, Avocado</i>	

Kitchari	15
<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 Orange Blossom Brioche Apple Chausson</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
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Benedict, Royal or Florentine	21
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Boiled Eggs	12
<i>Buttered Soldiers</i>	

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

Sunny Side Up Frittata	14
<i>Broccoli, Bacon Montgomery Cheddar</i>	

Omelette	20
<i>Choice of: Tomatoes, Onions Peppers, Mushrooms, Spinach Chillies, Cheese or Ham</i>	

## Sides

Avocado	6
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Roast Mushroom	6
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Baked Beans	6
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Hash Browns	6
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Dry Cured Bacon	6
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Grilled Tomatoes	6
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Homemade Sausage	8
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H. Forman's Smoked Salmon	12
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**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.