

Tea Selection & Infusions

Matcha Green Tea	5.69
Jasmine Pearls	5.69
Breakfast Tea	5.69
Darjeeling Beauty	5.69
Earl Grey French Blue	5.69

Coffee

Flat White	6.56
Americano	6.56
Filter Coffee	6.56
Latte	6.56
Espresso Single/Double	4.38/6.56
Hot Chocolate	6.56

Morning Shakes & Juices

Yogurt, Berry & Pollen Defence <i>Yogurt, Strawberry, Raspberry Blueberry, Local Bee Pollen, Honey</i>	10.50
Fitness & Protein <i>Omega Seed Butter, Chia, Dates Raw Almond Milk, Blueberries Banana, Hemp</i>	9.63
Green Juice <i>Granny Smith Apple, Kale Cucumber, Spinach, Lemon, Ginger</i>	8.75
Turmeric Tonic <i>Acacia Honey, Lime, Himalayan Salt</i>	8.75

Continental Breakfast

Hot Drink, Freshly Squeezed Juice	28
Homemade Pastry Basket	

Connaught Breakfast

Hot Drink, Freshly Squeezed Juice	33.25
Homemade Pastry Basket, Eggs of your Choice & 2 Side Dishes	

Full English Breakfast

Eggs of your Choice, Sausages	21
Bacon, Baked Beans, Tomato Mushroom, Black Pudding	

Bowls

Vanilla Chia Bowl <i>Dates, Cacao, Brazil Nuts Hemp, Fruit</i>	14
Seasonal Fruit with Yogurt <i>Pollen, Salted Oats & Seeds</i>	10.50
Bircher Muesli <i>Apples, Nuts</i>	10.50
Granola & Yogurt <i>With Seasonal Berries</i>	10.50 14
Porridge <i>Bananas, Sultanas, Brown Sugar</i>	10.50
Mixed Berries	15.75
Assorted Fruits	12.25

On Seeded Granary Toast

Avocado <i>Cumin, Lime, Chilli</i> with 2 Poached Eggs	11.38 17.50
with Smoked Salmon	19.25
Homemade Baked Beans <i>Chorizo</i>	13.13

Savoury

Kitchari <i>Yogurt, Mint, Fermented Carrot Turmeric</i>	13.13
H. Forman's Smoked Salmon <i>Dill, Sour Cream, Blinis</i>	17.50

Sweet

Homemade Pastry Basket <i>Croissant, Pain Au Chocolat Brioche, Apple Chausson</i>	11.38
Gluten Free Almond Pancakes <i>Banana Whipped Cream Maple Syrup</i>	15.75
French Brioche Toast <i>Roasted Fruit</i>	14
Buttermilk Pancakes <i>Seasonal Berries, Banana</i>	13.13

Free Range Eggs

Truffle Scrambled Eggs	30.63
Benedict, Royale or Florentine	18.38
Boiled Eggs <i>Buttered Soldiers</i>	10.50
Scrambled Eggs <i>Oak Smoked Salmon</i>	16.63
Omelette <i>Choice of filling: Tomatoes, Onions Peppers, Mushrooms, Spinach Chillies, Cheese or Ham</i>	17.50

Sides

Avocado	5.25
Roast Mushroom	5.25
Baked Beans	5.25
Hash Browns	5.25
Dry Cured Bacon	5.25
Grilled Tomatoes	5.25
Homemade Sausage	7
H. Forman's Smoked Salmon	10.50

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.

Executive Chef: Anshu Anghotra
Executive Pastry Chef: Nicolas Rouzaud