

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 Toast	

Bowls

Vanilla Chia Bowl	14
<i>Dates, Cacao, Brazil Nuts Hemp, Fruit</i>	

Seasonal Fruit with Yogurt	10.50
<i>Pollen, Salted Oats & Seeds</i>	

Bircher Muesli	10.50
<i>Apples, Nuts</i>	

Granola & Yogurt	10.50
<i>With Seasonal Berries</i>	14

Porridge	10.50
<i>Bananas, Sultanas, Brown Sugar</i>	

Organic Gluten Free Porridge	12
<i>Hemp Seeds, Brazil Nuts, Dates Bee Pollen, Goji Berries Blueberries,</i>	

Mixed Berries	15.75
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Assorted Fruits	12.25
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On Seeded Granary Toast

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

Savoury

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

Dosa	16.50
<i>Rice & Lentil Flour Crêpe, Yogurt, Avocado</i>	

Sweet

Homemade Pastry Basket	11.38
<i>Croissant, Pain Au Chocolat Brioche, Apple Chausson</i>	
Gluten Free Almond Pancakes	15.75
<i>Banana Whipped Cream Maple Syrup</i>	

French Brioche Toast	14
<i>Roasted Fruit</i>	

Buttermilk Pancakes	13.13
<i>Seasonal Berries, Banana</i>	

Free Range Eggs

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

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
Toast, Jam & Butter	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