

Tea Selection & Infusions

Matcha Green Tea	9.5
Matcha Latte	10.5
Jasmine	8.5
Breakfast Tea	8.5
Darjeeling	8.5
Earl Grey	8.5

Coffee

Flat White	8.5
Americano	8.5
Filter Coffee	8.5
Latte	8.5
Espresso/Double	8.5
Hot Chocolate	12.25

Morning Shakes & Juices

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

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	35
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Bowls

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

Savoury

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

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	16
Buttered Soldiers	
Scrambled Eggs (v)	29
Oak Smoked Salmon 461 Kcal	
Omelette	25
Choice of filling: Tomatoes, Onions Peppers, Mushrooms, Spinach Chillies, Cheese or Ham 338 Kcal	

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. Calorie figures are approximate.

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

Tea & coffee is sustainably sourced through Tregothnan, JING Tea and Extract Coffee.