

Tea Selection & Infusions

The Connaught Signature Blend	11
Matcha Latte	11
Matcha Green Tea	10
Jasmine	9
Breakfast Tea	9
Darjeeling	9
Earl Grey	9

Coffee

Flat White	9
Americano	9
Filter Coffee	9
Latte	9
Espresso/Double	8/9
Hot Chocolate	13

Morning Shakes & Juices

Green Boost (ve) <i>Almond Milk, Avocado, Green Apple Spinach, Dates, Banana</i>	18
242 Kcal	
Fitness & Protein (ve) <i>Omega Seed Butter, Chia, Dates Raw Almond Milk, Blueberries Banana, Hemp</i>	18
131Kcal	
Green Juice (ve) <i>Granny Smith Apple, Kale Cucumber, Spinach, Lemon, Ginger</i>	14
66 Kcal	
Turmeric Tonic (ve) <i>Acacia Honey, Lime Himalayan Salt</i>	14
204 Kcal	
Ruby Red (ve) <i>Carrot, Beetroot, Orange Lemon, Ginger</i>	14
83 Kcal	

Continental Breakfast

Hot Drink, Freshly Squeezed Juice	35
Homemade Pastry Basket, Toast	1021 Kcal

Connaught English Breakfast

Hot Drink, Freshly Squeezed Juice	54
Eggs cooked to your liking, Sausage Bacon, Baked Beans, Tomato Mushroom, Black Pudding, Toast	1359 Kcal

Connaught Healthy Breakfast

Hot Drink, Fitness & Protein Shake Vanilla Chia Bowl & Seasonal Fruits Avocado On Granary Toast Sunflower Seeds, Lime, Chilli	35
1159 Kcal	
add 2 Poached Eggs	10
add Oak Smoked Salmon	16

Bowls

Vanilla Chia Bowl (ve) <i>Seasonal Fruits, Dates, Cacao Brazil Nuts, Coconut Milk</i>	18.5
143 Kcal	
Açaí Bowl (ve) <i>Coconut Yoghurt, Banana Cacao Nibs</i>	18
434 Kcal	
Bircher Muesli (v) <i>Apples, Nuts</i>	15
227 Kcal	
Granola & Yoghurt (v) <i>add Seasonal Berries</i>	18
229 Kcal	9
283 Kcal	
Porridge (v) <i>Choice of: Berries, Brazil Nuts, Flaked Almonds Bananas, Sultanas or Honey</i>	14
370 Kcal	
Organic Gluten Free Porridge (v) <i>Hemp Seeds, Brazil Nuts, Dates Bee Pollen, Goji Berries, Blueberries</i>	16
63 Kcal	
Mixed Berries (ve)	23
54 Kcal	
Assorted Fruits (ve)	18.5
160 Kcal	

St Ewe Free Range Eggs

Truffle Scrambled Eggs (v)	40
369 Kcal	
Benedict or Royale	28
420/433 Kcal	
Florentine (v)	25
380 Kcal	
Boiled Eggs (v)	18
144 Kcal	
Buttered Soldiers	
Scrambled Eggs	30
Oak Smoked Salmon	
461 Kcal	
Sunny Side Up Frittata <i>Butternut Squash, Bacon Fontina Cheese, Dill</i>	21
300 Kcal	
Poached Eggs	23
Roasted Wild Mushroom <i>Parmesan Cheese, Herbs Brioche Croutons</i>	
577 Kcal	
Omelette	28
Choice of filling: Tomatoes, Onions Peppers, Mushrooms, Spinach Chillies, Cheese or Ham	
338 Kcal	
Savoury	
Avocado on Granary Toast (ve) <i>Sunflower Seeds, Lime, Chilli</i>	21
399 Kcal	
add 2 Poached Eggs	10
465 Kcal	
add Oak Smoked Salmon	16
528 Kcal	
Rice & Lentil Flour Dosa <i>add Greek Yoghurt, Avocado</i>	23
(v) 127 Kcal	
add Cheddar, Egg, Sambal Sauce	25
111 Kcal	
Kitchari (v) <i>Yoghurt, Mint, Fermented Carrot Turmeric</i>	18
138 Kcal	
Scottish Oak Smoked Salmon	28
Dill, Sour Cream, Blinis	
510 Kcal	

Sides

Avocado (ve)	12
239 Kcal	
Roast Mushrooms (ve)	9
87 Kcal	
Baked Beans (ve)	9
74 Kcal	
Hash Brown (v)	10
90 Kcal	
Dry Cured Bacon	10
207 Kcal	
Grilled Tomatoes (ve)	9
17 Kcal	
Toast, Jam & Butter	7
341 Kcal	
Homemade Sausages	10
618 Kcal	
Oak Smoked Salmon	16
167 Kcal	

Sweet (v)

Homemade Pastry Selection <i>Croissant, Pain Au Chocolat Danish</i>	19
614 Kcal	
Gluten Free Almond Pancakes <i>Banana Whipped Cream Maple Syrup, Almond Butter</i>	24
423 Kcal	
French Brioche Toast <i>Roasted Fruit</i>	24
328 Kcal	
Buttermilk Pancakes <i>Seasonal Berries, Banana</i>	24
304 Kcal	
The Connaught Waffle <i>Blueberries, Whipped Cream</i>	24
312 Kcal	

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.

Executive Chef
Ramiro Lafuente Martínez