

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)	18
Almond Milk, Avocado, Green Apple Spinach, Dates, Banana	242 Kcal
Fitness & Protein (ve)	18
Omega Seed Butter, Chia, Dates Raw Almond Milk, Blueberries Banana, Hemp	131Kcal
Green Juice (ve)	14
Granny Smith Apple, Kale Cucumber, Spinach, Lemon, Ginger	66 Kcal
Turmeric Tonic (ve)	14
Acacia Honey, Lime Himalayan Salt	204 Kcal
Ruby Red (ve)	14
Carrot, Beetroot, Orange Lemon, Ginger	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	35
Vanilla Chia Bowl & Seasonal Fruits Avocado On Granary Toast Sunflower Seeds, Lime, Chilli	1159 Kcal
add 2 Poached Eggs	10
add Oak Smoked Salmon	16

Bowls

Vanilla Chia Bowl (ve)	18.5
Seasonal Fruits, Dates, Cacao Brazil Nuts, Coconut Milk	143 Kcal
Açaí Bowl (ve)	18
Coconut Yoghurt, Banana Cacao Nibs	434 Kcal
Bircher Muesli (v)	15
Apples, Nuts	227 Kcal
Granola & Yogurt (v)	229 Kcal
add Seasonal Berries	283 Kcal
Porridge (v)	14
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
Assorted Fruits (ve)	160 Kcal

Savoury

Avocado on Granary Toast (ve)	21
Sunflower Seeds, Lime, Chilli	399 Kcal
add 2 Poached Eggs	465 Kcal
add Oak Smoked Salmon	528 Kcal
Rice & Lentil Flour Dosa	
add Greek Yoghurt, Avocado (v)	127 Kcal
add Cheddar, Egg, Sambal Sauce	111 Kcal
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	19
Croissant, Pain Au Chocolat Danish	614 Kcal
Gluten Free Almond Pancakes	24
Banana Whipped Cream Maple Syrup, Almond Butter	423 Kcal
French Brioche Toast	24
Roasted Fruit	328 Kcal
Buttermilk Pancakes	24
Seasonal Berries, Banana	304 Kcal
The Connaught Waffle	24
Blueberries, Whipped Cream	312 Kcal

St Ewe Free Range Eggs

Truffle Scrambled Eggs (v)	369 Kcal
Benedict or Royale	420/433 Kcal
Florentine (v)	380 Kcal
Boiled Eggs (v)	144 Kcal
Buttered Soldiers	
Scrambled Eggs	30
Oak Smoked Salmon	461 Kcal
Sunny Side Up Frittata	21
Sweet Corn, Cherry Tomato Bacon & Cheddar Cheese	232 Kcal
Omelette	28
Choice of filling: Tomatoes, Onions Peppers, Mushrooms, Spinach Chillies, Cheese or Ham	338 Kcal

Sides

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