

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
<i>Almond Milk, Avocado, Green Apple Spinach, Dates, Banana</i> 242 Kcal	
Fitness & Protein (ve)	18
<i>Omega Seed Butter, Chia, Dates Raw Almond Milk, Blueberries Banana, Hemp</i> 131Kcal	
Green Juice (ve)	14
<i>Granny Smith Apple, Kale Cucumber, Spinach, Lemon, Ginger</i> 66 Kcal	
Turmeric Tonic (ve)	14
<i>Acacia Honey, Lime Himalayan Salt</i> 204 Kcal	
Ruby Red (ve)	14
<i>Carrot, Beetroot, Orange Lemon, Ginger</i> 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	1159 Kcal
add 2 Poached Eggs	10
add Oak Smoked Salmon	16

Bowls

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

Cacklebean Free Range Eggs

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

Sides

Avocado (ve)	239 Kcal	12
Roast Mushrooms (ve)	87 Kcal	9
Baked Beans (ve)	74 Kcal	9
Hash Brown (v)	90 Kcal	10
Dry Cured Bacon	207 Kcal	10
Grilled Tomatoes (ve)	17 Kcal	9
Toast, Jam & Butter	341 Kcal	7
Homemade Sausages	618 Kcal	10
Oak Smoked Salmon	167 Kcal	16
Sweet (v)		
Homemade Pastry Selection		19
<i>Croissant, Pain Au Chocolat Danish</i> 614 Kcal		
Gluten Free Almond Pancakes		24
<i>Banana Whipped Cream Maple Syrup, Almond Butter</i> 423 Kcal		
French Brioche Toast		24
<i>Roasted Fruit</i> 328 Kcal		
Buttermilk Pancakes		24
<i>Seasonal Berries, Banana</i> 304 Kcal		
The Connaught Waffle		24
<i>Blueberries, Whipped Cream</i> 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