

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 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
Bircher Muesli (v)	15
Apples, Nuts	227 Kcal
Granola & Yoghurt (v)	18
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)	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		
add Spring Peas, Green Chilli, Mint	195 Kcal	23
add Oak Smoked Salmon	461 Kcal	30
Poached Eggs		23
Roasted Wild Mushroom Parmesan Cheese, Herbs Brioche Croutons	577 Kcal	
Omelette		28
Choice of filling: Tomatoes, Onions Peppers, Mushrooms, Spinach Chillies, Cheese or Ham	338 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

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 Croissant, Pain Au Chocolat Danish	614 Kcal	19
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	

Connaughty Treat (v)

Chef’s Special Pastry	10
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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.