

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)	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, Sausage	35
Bacon, Baked Beans, Tomato Mushroom, Black Pudding, Toast 1159 Kcal	

Bowls

Vanilla Chia Bowl (ve)	18.5
Seasonal Fruits, Dates, Cacao Brazil Nuts, Coconut Milk 143 Kcal	
Açai Bowl (ve)	18
Coconut Yoghurt, Banana Cacao Nibs 434 Kcal	
Bircher Muesli (v)	15
Apples, Nuts 227 Kcal	
Granola & Yogurt (v) 229 Kcal	18
add Seasonal Berries 283 Kcal	9
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
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	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	40
Benedict or Royale 420/433 Kcal	28
Florentine (v) 380 Kcal	25
Boiled Eggs (v) 144 Kcal	17
Buttered Soldiers	
Scrambled Eggs	29
Oak Smoked Salmon 461 Kcal	
Sunny Side Up Frittata	21
Green Asparagus, Bacon Cheddar Cheese, Dill 232 Kcal	
Omelette	28
Choice of filling: Tomatoes, Onions Peppers, Mushrooms, Spinach Chillies, Cheese or Ham 338 Kcal	

Sides

Avocado (ve) 239 Kcal	12.5
Roast Mushrooms (ve) 87 Kcal	9.5
Baked Beans (ve) 74 Kcal	9.5
Hash Brown (v) 90 Kcal	11
Dry Cured Bacon 207 Kcal	9.5
Grilled Tomatoes (ve) 17 Kcal	9.5
Toast, Jam & Butter 341 Kcal	7
Homemade Sausages 618 Kcal	9.5
Oak Smoked Salmon 167 Kcal	15.5

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