

**LAN
SER
HOF**

AT



THE ARTS CLUB
LONDON

MENU

BASIC RULES FOR HEALTHY EATING

Choose seasonal, organic ingredients packed with nutrients to nourish the body and fuel your day.

Eating at the right time facilitates the optimal activity of metabolic processes: eating at regular intervals trains the body to burn fat better, preventing weight gain over time.

It is important to eat food slowly and focus on chewing carefully. Chewing well helps extract the nutrients from the foods we eat and promotes good digestion.

Fruit and raw salads are digested better in the morning and afternoon, and should be avoided in the evening.

The amount of carbohydrates we include in our diet should be adjusted according to levels of physical activity. For those more active, it is an important energy source.

Drink plenty of fluids throughout the day to keep hydrated. Water and organic tea are good options to help accelerate metabolism. Start each morning with a large glass of water.

Incorporating these small dietary changes into your diet can have a big impact on health. Developing better and truly sustainable habits is the cornerstone to success.

○ BREAKFAST

SEASONAL FRUIT SALAD.....	9.50
<i>Calories: 174 kcal, Fat: 1.2 g, Carbs: 41.2 g, Proteins: 2.4 g</i>	
PINK GRAPEFRUIT.....	4.50
<i>Calories: 24 kcal, Fat: 0.1 g, Carbs: 5.4 g, Protein: 0.6 g</i>	
BIRCHER MUESLI.....	7.00
<i>Calories: 368 kcal, Fat: 18.1 g, Carbs: 40.1 g, Protein: 10.7 g</i>	
GRANOLA WITH GREEK STYLE YOGHURT AND BERRIES.....	11.50
<i>Calories: 578 kcal, Fat: 31.4 g, Carbs: 52.2 g, Protein: 20.4 g</i>	
MANGO ON COCONUT AND AVOCADO YOGHURT, SELECTION OF SEEDS AND GRANOLA.....	16.00
<i>Calories: 388 kcal, Fat: 27.6 g, Carbs: 21.6, Protein: 10.9 g</i>	
SUNFLOWER RYE TOAST WITH CRUSHED AVOCADO.....	12.00
<i>Calories: 255 kJ, Fat: 10.0 g, Carbs: 31.5 g, Protein: 5.5 g</i>	
- WITH TURKEY BACON.....	13.50
<i>Calories: 353 kcal, Fat: 11.2 g, Carbs: 32.0 g, Protein: 25.8 g</i>	
OMELETTE.....	12.00
<i>Calories: 167 kcal, Fat: 5.7 g, Carbs: 6.0 g Protein: 22.0 g</i>	
VEGETABLE FRITTATA.....	14.00
<i>Calories: 138 kcal, Fat: 4.4 g, Carbs: 4.8, Protein: 19.2 g</i>	
GLUTEN-FREE BUTTERMILK PANCAKES WITH FRESH MIXED BERRIES.....	15.00
<i>Calories: 668 kcal, Fat: 7.4 g, Carbs: 138.1 g, Protein: 11.4 g</i>	
OVERNIGHT OATS.....	8.00
<i>Calories: 442 kcal, Fat: 17.4 g, Carbs: 60.1 g, Protein: 11.0 g</i>	
AVOCADO TOAST ON RYE WITH 2 POACHED EGGS.....	3.50
<i>Calories: 100.1 kcal, Fat: 6.7 g, Carbs: 0 g, Protein: 9.87 g</i>	
WITH SMOKED SALMON.....	4.50
<i>Calories: 276 kcal, Fat: 15.1 g, Carbs: 0.8 g, Protein: 34.2 g</i>	

○ SMALL PLATES

"POT AU FEU" OF VEGETABLES, TOASTED QUINOA, SORREL CONDIMENT.....	15.00
<i>Calories: 131 kcal, Fat: 2.3 g, Carbs: 20.0 g Protein: 7.0 g</i>	
BURRATA WITH TOMATOES.....	18.50
<i>Calories: 459 kcal, Fat: 42.1 g, Carbs: 5.6 g Protein: 14.7 g</i>	
COURGETTE FRITTERS.....	8.50
<i>Calories: 314 kcal, Fat: 2.7 g, Carbs: 60.5 g Protein: 12.5 g</i>	
VEGETABLE BROTH.....	4.00
<i>Calories: 5 kcal, Fat: 0.0 g, Carbs: 0.3 g Protein: 0.0 g</i>	

○ SALADS

GREEN BEAN AND ARTICHOKE SALAD.....	11.50
<i>Calories: 301.4 kcal, Fat: 26.7 g, Carbs: 10.6 g, Protein: 5.8 g</i>	
BEETROOT GOATS CHEESE AND PISTACHIOS.....	12.00
<i>Calories: 439 kcal, Fat: 31.3 g, Carbs: 24.5 g, Protein: 14.2 g</i>	
"LE PUY" GREEN LENTIL SALAD.....	11.00
<i>Calories: 342 kcal, Fat: 12.9 g, Carbs: 40.1 g, Protein: 18.5 g</i>	
ORGANIC QUINOA AND HERBS.....	11.00
<i>Calories: 474 kcal, Fat: 15.5g, Carbs: 70.2 g, Protein: 10.6 g</i>	
ENDIVE, GORGONZOLA AND CANDIED WALNUTS.....	14.50
<i>Calories: 316 kcal, Fat: 25.7 g, Carbs: 15.1 g, Protein: 8.4 g</i>	
CHICKEN & BACON CAESAR SALAD.....	18.00
<i>Calories: 607 kcal, Fat: 32 g, Carbs: 27 g, Protein: 57 g</i>	

○ LAND & SEA

YELLOWTAIL WITH CITRUS DRESSING CEVICHE.....	19.00
<i>Calories: 293 kcal, Fat: 14.3 g, Carbs: 27.5 g, Protein 13.5 g</i>	
TUNA TARTAR.....	22.00
<i>Calories: 198 kcal, Fat: 7.5 g, Carbs: 8.6 g, Protein 20.4 g</i>	
SEA BASS A LA PLANCHA PROVENCALE STYLE.....	42.00
<i>Calories: 525 kcal, Fat: 31.3 g, Carbs: 12.5 g, Protein: 48.8 g</i>	
SEABREAM.....	21.00
<i>Calories: 408 kcal, Fat: 23.8 g, Carbs: 0.4 g, Protein: 47.4 g</i>	
SIRLOIN STEAK.....	26.00
<i>Calories: 317 kcal, Fat: 13.9 g, Carbs: 0.0 g, Protein: 47.9 g</i>	
ROASTED MARINATED BABY CHICKEN WITH LEMON CONFIT & TAMARIND.....	29.00
<i>Calories: 445 kcal, Fat: 25 g, Carbs: 35 g, Protein: 24 g</i>	

○ SIDES

PORTION OF FERMENTED VEGETABLES.....	5.50
<i>Calories: 15 kcal, Fat: 0.1 g, Carbs: 2.1 g, Protein: 0.6 g</i>	
TENDERSTEM BROCCOLI WITH CHILLI OIL.....	7.00
<i>Calories: 136 kcal, Fat: 10.2 g, Carbs: 2.5 g, Protein: 6.6 g</i>	
GREEN BEANS.....	7.00
<i>Calories: 118 kcal, Fat: 9.7 g, Carbs: 4.7 g, Protein: 3.2 g</i>	
MIXED LEAVES.....	5.50
<i>Calories: 116.9 kcal, Fat: 11.1 g, Carbs: 2.9 g, Protein: 1.4 g</i>	

○ DESSERT

ENERGY BALLS.....	4.50
<i>Calories: 166,8 kcal, Fat: 8.0 g, Carbs: 22 g, Protein: 4.6 g</i>	
CHIA MANGO COCONUT YOGHURT.....	6.50
<i>Calories: 249 kcal, Fat: 20.9 g, Carbs: 12.1 g, Protein: 2.8 g</i>	

○ SMOOTHIES

PRE-WORKOUT.....	7.00
<i>coffee, banana, raw cacao and almond milk</i>	
<i>Calories: 77 kcal, Fat: 2,3 g, Carbs: 11.8 g, Protein: 2.6 g</i>	
POST-WORKOUT.....	7.00
<i>peanut butter, banana, dates, coconut milk and coconut yogurt</i>	
<i>Calories: 334 kcal, Fat: 11.6 g, Carbs: 50.6 g, Protein: 9.4 g</i>	
BREAKFAST CLUB.....	7.00
<i>almond milk, espresso, coconut yogurt, banana, protein powder, almond butter and coconut butter</i>	
<i>Calories: 236 kcal, Fat: 6.2 g, Carbs: 11.8 g, Protein: 33.1 g</i>	
GREEN AND LEAN.....	7.00
<i>celery, avocado, cucumber, spirulina, almond milk and vanilla protein</i>	
<i>Calories: 335 kcal, Fat: 17.7 g, Carbs: 3.8 g, Protein: 39.1 g</i>	
BERRY BLAST.....	7.00
<i>mixed berries, banana, almond butter, almond milk and vanilla or chocolate protein</i>	
<i>Calories: 365 kcal, Fat: 17.1 g, Carbs: 20.1 g, Protein: 26.5 g</i>	
BESPOKE SMOOTHIE.....	from 8.00
<i>Choose your milk as a base for your smoothie:</i>	
• coconut milk	• soya milk
• almond milk	• almond milk
<i>Add one of our many flavours and a protein:</i>	
• berries	• avocado
• banana	• vanilla protein

○ JUICES

BESPOKE JUICE.....	6.50
<i>Create your own fresh pressed juice from the following ingredients:</i>	
• Celery	• Beetroot
• Carrot	• Apple

○ TEA

LANSERHOF ACTIVE TEA.....	5.50
<i>green tea, lemon verbena, lemongrass, apple slices</i>	
LANSERHOF MINERAL TEA.....	5.50
<i>stinging nettle, horsetail, thyme</i>	
LANSERHOF DETOX TEA.....	5.50
<i>birch leaves, pansy leaves, melissa leaves, dandelion root</i>	
LANSERHOF IMMUNE TEA.....	5.50
<i>rosehip, elderflower, ribwort, ginger root, marigold</i>	
LANSERHOF INNER BEAUTY TEA.....	5.50
<i>hop, apple slices, green tea, rosehip, lemon verbena</i>	
ACID-BASED BALANCETEAE.....	5.50
<i>nettle leaves, horsetail, chamomile flowers, fennel, malloø leaves, lemongrass</i>	
LANSERHOF METABOLIC TEA.....	5.50
<i>yarrow, juniper berries, dandelion root, peppermint, pansy, St. John's wort, liquorice root</i>	
LANSERHOF IMMUNE BOOSTER.....	5.50
<i>rosehiphot water with freshly squeezed lemon and orange juice, hint of honey and optional ginger</i>	
LANSERHOF GINGER BOOSTER.....	5.50
<i>fresh ginger, optional teaspoon of organic honey</i>	

○ COFFEE

SINGLE / DOUBLE ESPRESSO.....	4.50 / 5.50
AMERICANO.....	4.50
THERAPEUTIC ESPRESSO (<i>with cardamon</i>).....	5.00
CAPPUCCINO/LATTE.....	5.00
TURMERIC LATTE.....	6.50
BEETROOT LATTE.....	6.50
MATCHA LATTE.....	6.50

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