

The Retreat

**REFUEL
YOURSELF
EVERY DAY
AT THE
LONDONER**



Please scan the QR code for
allergen and dietary information.

BREAKFAST

FUEL UP, DREAM BIG

Açaí Bowl 10

With figs, almonds, sesame seeds and vanilla beans (251 kcal)

Granola Bowl 8

House granola with Greek yoghurt, mānuka honey
and caramelised goji berries (597 kcal)

Overnight Oats 10

With toasted almonds, blueberries and mānuka honey (568 kcal)

Fruit Bowl 12

With exotic fruits, turmeric, ginger and lime syrup (367 kcal)



SALAD BOWLS

EAT GREEN, LEAF WELL

Paprika-Spiced Salmon 13

With roasted black kale, goat's cheese and tahini yoghurt dressing (381 kcal)

Chicken and Avocado Caesar 11

Roast chicken, baby gem lettuce with sourdough croutons,
aged Parmesan and Caesar dressing (500 kcal)

With crispy pancetta (599 kcal) 12

Superfood 10

Chickpea and avocado with pepita seeds, cucumber and chilli (301 kcal)



MELT SANDWICHES

PRESSED TO IMPRESS

Spicy Tuna 12

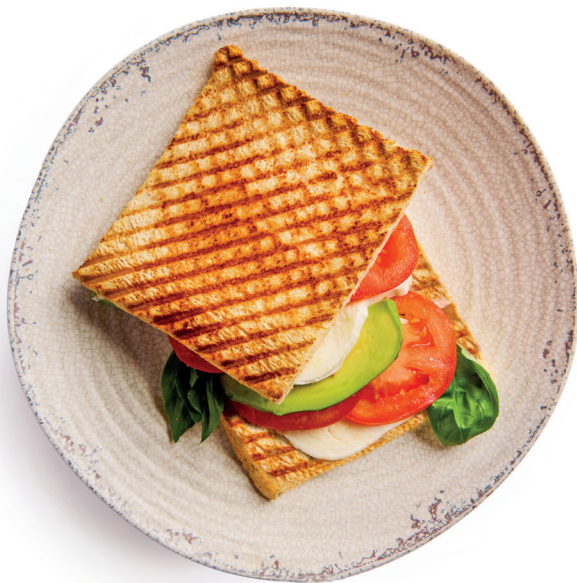
Tuna mayo, jalapeños, tabasco, red onion, cheddar and mozzarella (681 kcal)

Philly Cheesesteak 12

Rib-eye beef, Provolone cheese, mushrooms and caramelised onions (454 kcal)

Avocado 12

Kimchi, plant-based cheese, tomato and green pesto (794 kcal)



SNACKS AND TREATS

GUILT FREE, GREAT TASTE

Avocado Toast 8

Smashed avocado with chilli, lime and cilantro
on toasted sourdough (122 kcal)

With poached egg (306 kcal) 11

Seasonal Fruit 12

Selection of fresh cut fruit (66 kcal)

Superfood Bars 5

Strawberries and Green 10

Fresh strawberries with plant-based Chantilly
crème and mint sugar (166 kcal)



SMOOTHIES

BLENDERS

WORKING

OVERTIME FOR

GREATNESS



Matcha Mood 7

Medjool dates, banana,
matcha and oat milk (285 kcal)

Green Delight 8

Avocado, guarana, lime, pineapple
and Madagascan vanilla (171 kcal)

Berry Blast 9

Passion fruit purée, strawberries,
raspberries, Greek yoghurt,
fresh apple juice and vanilla syrup (325 kcal)

Turmeric Crush 8

Lemon, fresh ginger, banana, apple,
a dash of turmeric and cayenne (142 kcal)

Extras

Choose one of the following
to enhance your smoothie:

Whey protein (91 kcal) 2

Pea protein (21 kcal) 2

Collagen powder (40 kcal) 6

Trip Wild Mint CBD Oils (3 kcal) 2

Trip Orange Blossom CBD Oils (3 kcal) 2

JUICES

CRUSHING FRUIT, NOT DREAMS

Leafy Delight 6.5

Fresh apple, cucumber, ginger and celery (74 kcal)

Orange (96 kcal) 5.5

Apple (220 kcal) 5.5

Pineapple (82 kcal) 5.5

Grapefruit (97 kcal) 5.5

Coconut water (18 kcal) 5.5

Cranberry (113 kcal) 5.5



ICED LATTE

HIT ME WITH YOUR BEST SHOT

Vanilla 6.5

Espresso, vanilla concentrate, milk and ice (104 kcal)

Caramel 6.5

Espresso, caramel concentrate, milk and ice (95 kcal)

Matcha 6.5

Matcha, honey, milk and ice (81 kcal)



TRIP

Crafted in the UK, Trip is a lightly sparkling water infused with premium CBD and natural adaptogens including l-theanine, ginseng and turmeric.

Choose Your Trip
Elderflower Mint 6
Peach Ginger 6
Lemon Basil 6



FIX8 KOMBUCHA

Fix8 Kombucha is a premium, expertly brewed kombucha crafted to deliver both exceptional taste and gut health benefits. Packed with live cultures, organic acids, and natural antioxidants, kombucha is known to support digestion, boost immunity, and promote overall wellbeing – making it the perfect invigorating tonic.

Fix8 is available in two delicious flavours:

Ginger Turmeric 5

Combines the warmth and spice of ginger with the anti-inflammatory properties of turmeric for a bold, invigorating sip.

Strawberry Basil 5

Blends juicy strawberries with fragrant basil for a refreshing, fruity and subtly aromatic twist.



CHAMPAGNE

SIP HAPPENS, DRINK ACCORDINGLY

	<i>125ml</i>	<i>Bottle</i>
Brut		
Veuve Clicquot Yellow Label Brut NV	19	95
Bollinger Special Cuvée Brut NV		120
Ruinart Blanc de Blancs NV		160
Prestige Cuvée		
Dom Pérignon Brut Vintage 2013		395
Krug Grande Cuvée		450
Rosé		
Billecart-Salmon Brut Rosé NV	25	125
Laurent-Perrier Cuvée Rosé NV		160
Non-Alcoholic		
Wild Idol, Sparkling White		55

TEA

Black Tea (0 kcal) 6
Royal Breakfast
The Staunton Earl Grey
Green Tea (0 kcal) 6
The Prince Sultan's with Mint
The East India House
Director's Blend
Herbal Infusions (0 kcal) 6
Peppermint
Nile Chamomile
Lemongrass & Ginger

COFFEE

Americano (0 kcal) 6
Latte (100 kcal) 6
Macchiato (19 kcal) 6
Espresso (0 kcal) 6
Mocha (105 kcal) 6
Cappuccino (94 kcal) 6
Matcha Latte (109 kcal) 7

The Retreat

Refuel