JEAN-GEORGES

AT THE CONNAUGHT

BREAKFAST · LUNCH · DINNER

Executive Chef — Ramiro Lafuente Martínez

BREAKFAST

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 242 Kcal Almond Milk, Avocado, Green Apple, Spinach, Dates, Banana	18

VEGETARIAN VEGAN

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.

BREAKFAST

MORNING SHAKES & JUICES · CONTINUED

Fitness & Protein 18
131 Kcal
Omega Seed Butter, Chia, Dates, Raw Almond Milk, Blueberries, Banana, Hemp

Green Juice 14
66 Kcal
Granny Smith Apple, Kale, Cucumber, Spinach, Lemon, Ginger

Turmeric Tonic 14
204 Kcal
Acacia Honey, Lime, Himalayan Salt

Ruby Red 14
83 Kcal
Carrot, Beetroot, Orange, Lemon, Ginger

CONTINENTAL BREAKFAST

Continental Breakfast 35
1021 Kcal
Hot Drink, Freshly Squeezed Juice, Homemade Pastry Basket, Toast

CONNAUGHT ENGLISH BREAKFAST

Connaught English Breakfast 54
1359 Kcal
Hot Drink, Freshly Squeezed Juice, Eggs cooked to your liking, Sausage, Bacon, Baked Beans, Tomato, Mushroom, Black Pudding, Toast

CONNAUGHT HEALTHY BREAKFAST

Connaught Healthy Breakfast 35
1159 Kcal
Hot Drink, Fitness & Protein Shake, Vanilla Chia Bowl & Seasonal Fruits, Avocado On Granary Toast, Sunflower Seeds, Lime, Chilli

add 2 Poached Eggs 10

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BREAKFAST

CONNAUGHT HEALTHY BREAKFAST · CONTINUED

add Oak Smoked Salmon 16

BOWLS

Vanilla Chia Bowl 18.5
143 Kcal
Seasonal Fruits, Dates, Cacao, Brazil Nuts, Coconut Milk

Bircher Muesli 15
227 Kcal
Apples, Nuts

Granola & Yoghurt 18
229 Kcal

add Seasonal Berries 9
283 Kcal

Porridge 14
370 Kcal
Choice of: Berries, Brazil Nuts, Flaked Almonds, Bananas, Sultanas or Honey

Organic Gluten Free Porridge 16
63 Kcal
Hemp Seeds, Brazil Nuts, Dates, Bee Pollen, Goji Berries, Blueberries

Mixed Berries 23
54 Kcal

Assorted Fruits 18.5
160 Kcal

CACKLEBEAN FREE RANGE EGGS

Truffle Scrambled Eggs 40
369 Kcal

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BREAKFAST

CACKLEBEAN FREE RANGE EGGS · CONTINUED

Benedict or Royale — 28
420/433 Kcal

Florentine — 25
380 Kcal

Boiled Eggs — 18
144 Kcal
Buttered Soldiers

Scrambled Eggs — 23 · 30
add Spring Peas, Green Chilli, Mint 23 (195 Kcal) · add Oak Smoked Salmon 30 (461 Kcal)

Poached Eggs — 23
577 Kcal
Roasted Wild Mushroom, Parmesan Cheese, Herbs, Brioche Croutons

Omelette — 28
338 Kcal
Choice of filling: Tomatoes, Onions, Peppers, Mushrooms, Spinach, Chillies, Cheese or Ham

SAVOURY

Avocado on Granary Toast — 21
399 Kcal
Sunflower Seeds, Lime, Chilli

add 2 Poached Eggs — 10
465 Kcal

add Oak Smoked Salmon — 16
528 Kcal

Rice & Lentil Flour Dosa — 23 · 25
add Greek Yoghurt, Avocado 23 (127 Kcal) · add Cheddar, Egg, Sambal Sauce 25 (111 Kcal)

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BREAKFAST

SAVOURY · CONTINUED

Kitchari — 18
138 Kcal
Yoghurt, Mint, Fermented Carrot, Turmeric

Scottish Oak Smoked Salmon — 28
510 Kcal
Dill, Sour Cream, Blinis

SIDES

Avocado — 12
239 Kcal

Roast Mushrooms — 9
87 Kcal

Baked Beans — 9
74 Kcal

Hash Brown — 10
90 Kcal

Dry Cured Bacon — 10
207 Kcal

Grilled Tomatoes — 9
17 Kcal

Toast, Jam & Butter — 7
341 Kcal

Homemade Sausages — 10
618 Kcal

Oak Smoked Salmon — 16
167 Kcal

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BREAKFAST

SWEET

- Homemade Pastry Selection — 19
  614 Kcal
  Croissant, Pain Au Chocolat, Danish

- Gluten Free Almond Pancakes — 24
  423 Kcal
  Banana Whipped Cream, Maple Syrup, Almond Butter

- French Brioche Toast — 24
  328 Kcal
  Roasted Fruit

- Buttermilk Pancakes — 24
  304 Kcal
  Seasonal Berries, Banana

- The Connaught Waffle — 24
  312 Kcal
  Blueberries, Whipped Cream

CONNAUGHTY TREAT

- Chef's Special Pastry — 10

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LUNCH

CAVIAR

Cheshire Mine Salted, 30g — 115

Imperial Oscietra, 30g — 170

Imperial Beluga, 30g — 360
481 Kcal
Traditional Garnishes

Egg Toast Caviar — 47
133 Kcal
Imperial Oscietra Gold, Herbs

STARTERS

Maldera Burrata — 25
702 Kcal
Pumpkin Seed Gremolata, Rocket, Grilled Sourdough Bread

Grilled Avocado with Crab — 24
338 Kcal
Wasabi, White Soy

Butternut Squash Soup — 20
464 Kcal
Parmesan Cheese Foam, Sunflower Seed

Fragrant Chicken Soup — 20
299 Kcal
Coconut Milk, Served with Jasmine Rice

CRUDO

Crispy Sushi Selection — 28
464 Kcal
Tuna, Scallop, Hamachi, Salmon, Avocado, Chipotle Emulsion, Soy Glaze

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LUNCH

CRUDO · CONTINUED

Scottish Salmon Sashimi 25
319 Kcal
Golden Garlic & Sesame Crumb, Lemon & Soy

Yellowfin Tuna Tartare 33
361 Kcal
Avocado, Radish, Ginger Sauce

Cornwall Scallop Carpaccio 27
151 Kcal
Pickled Cucumber, Shisho, Kombu Brine

Sashimi Selection 36/70
336/ 552 Kcal
Tuna, Salmon, Hamachi, Wasabi, Ginger, Spicy White Ponzu

Hereford Beef Tartare 32
245 Kcal
Kimchi, Avocado, Sesame Seeds

SALADS

Chicory & Seasonal Citrus 25
278 Kcal
Gorgonzola Dolce Cheese, Basil

Molyneux Farm Kale 24
301 Kcal
Avocado, Mint, Sunflower Seeds, Dijon Mustard Dressing

Warm Shrimp 35
329 Kcal
Tender Lettuce, Avocado, Tomato, Champagne Vinegar Dressing

Crispy Squid 25
308 Kcal
Ginger, Papaya & Cashew

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LUNCH

SALADS · CONTINUED

Spicy Thai Slaw — 20
124 Kcal
Asian Pear, Mint, Crispy Shallot

add French Organic Chicken — 26
346 Kcal

add Scottish Salmon — 26
391 Kcal

add Atlantic Prawns — 26
99 Kcal

add Organic Firm Tofu — 17
189 Kcal

PASTA, PIZZA & TOAST

Three Cheese Agnolotti Pasta — 29
336 Kcal
Fontina, Ricotta, Mozzarella & Parmesan Cheese, Tomato sauce

Glazed Blue Lobster E-Fu — 52/104
478/ 956 Kcal
Longevity Noodles, Ginger, Scallion, Green Chili

Tomato & Mozzarella Pizza — 28
773 Kca
Basil, Chilli Flakes

Black Truffle Pizza — 42
808 Kcal
Fontina Cheese

Spinach & Herb Pizza — 28
1,004 Kcal
Lemon, Olive Oil

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LUNCH

PASTA, PIZZA & TOAST · CONTINUED

Broccoli Rabe Toast — 19
321 Kcal
Spicy Mint Pesto

Warm Mushroom Toast — 23
395 Kcal
Sunflower Seeds, Kumquat

FISH

Cod & Chips — 38
767 Kcal
Crunchy Potatoes, Gribiche Sauce

Seared Scottish Salmon — 45
762 Kcal
Butternut Squash-Lime Infusion, Caramelised Squash, Chilli Crisp

Shrimp Burger — 33
875 Kcal
Sriracha Mayonnaise, Shiso, Fresh Cucumber

MEAT

Parmesan Crusted Chicken — 43
901 Kcal
Artichoke, Lemon-Basil Sauce

Truffle Cheeseburger — 45
1,636 Kcal
Somerset Brie, Yuzu Pickles, Black Truffle Mayonnaise

Crispy Chicken Burger — 32
808 Kcal
Calabrian Chilli Mayonnaise, Yuzu Pickles

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LUNCH

MEAT · CONTINUED

NY Strip Steak au Poivre — 45
958 Kcal
Crusted Hereford Beef Sirloin, French Fries, Grainy Mustard

VEGETARIAN

Tender Autumn Vegetables — 28
183 Kcal
Green Curry, Red Quinoa, Lime, Shiso & Basil Cress

Artichoke & Fragrant Cous Cous — 30
583 Kcal
Spiced Autumn Vegetables, Persian Cucumber, Ras El Hanout

Whole Roasted Cauliflower — 28
694 Kcal
Grain Mustard Sauce, Herbs

SIMPLY PREPARED

Scottish Salmon 160g — 41
466 Kcal

Cornish Sea Bass 160g — 52
193 Kcal

Cornish Dover Sole 700g — 84
566 Kcal

Scottish Blue Lobster 700g — 100
254 Kcal

Cornish Lamb Chops 250g — 50
564 Kcal

Sakura Wagyu Sirloin 200g — 84
675 Kcal

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LUNCH

SIMPLY PREPARED · CONTINUED

Hereford Beef Fillet 180g — 72
657 Kcal

Served with Padrón Peppers & Sriracha Emulsion

SIDES

Chips — 12
459 Kcal

Mashed Potatoes — 11
281 Kcal

Roasted Brussels Sprouts — 12
256 Kcal
Poblano Chilli Emulsion, Pecorino Cheese

Glazed Japanese Aubergine — 12
144 Kcal
White Miso, Toasted Sesame

Half Roasted Cauliflower — 16.5
347 Kcal
Grain Mustard Sauce, Herbs

Ginger Fried Rice — 15
580 Kcal
Golden Sunny Side Up Egg

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DINNER

CAVIAR

Cheshire Mine Salted, 30g — 115

Imperial Oscietra, 30g — 170

Imperial Beluga, 30g — 360
481 Kcal
Traditional Garnishes

Egg Toast Caviar — 47
133 Kcal
Imperial Oscietra Gold, Herbs

STARTERS

Chicory & Citrus Salad — 25
278 Kcal
Gorgonzola Dolce Cheese, Basil

Molyneux Farm Kale Salad — 24
301 Kcal
Avocado, Mint, Sunflower Seeds, Dijon Mustard Dressing

Crispy Squid Salad — 25
308 Kcal
Ginger, Papaya & Cashew

Maldera Burrata — 25
702 Kcal
Pumpkin Seed Gremolata, Rocket, Grilled Sourdough Bread

Butternut Squash Soup — 20
464 Kcal
Parmesan Cheese Foam, Sunflower Seed

Grilled Avocado with Crab — 24
338 Kcal
Wasabi, White Soy

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DINNER

STARTERS · CONTINUED

Crispy Galician Octopus 29
526 Kcal
Smoked Paprika Crème Fraîche, Guajillo Vinaigrette

Cromer Crab Roll 29
294 Kcal
Tamarind Dip

Spiced Chicken Samosa 27
635 Kcal
Yoghurt-Cilantro Dip

CRUDO

Crispy Sushi Selection 28
464 Kcal
Tuna, Scallop, Hamachi, Salmon, Avocado, Chipotle Emulsion, Soy Glaze

Crispy Salmon Sushi 25
319 Kcal
Chipotle Emulsion, Soy Glaze

Yellowfin Tuna Tartare 33
361 Kcal
Avocado, Radish, Ginger Sauce

Cornwall Scallop Carpaccio 27
151 Kcal
Pickled Cucumber, Shisho, Kombu Brine

Sashimi Selection 36/70
336/ 552 Kcal
Tuna, Salmon, Hamachi, Wasabi, Ginger, Spicy White Ponzu

Hereford Beef Tartare 32
245 Kcal
Kimchi, Avocado, Sesame Seeds

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DINNER

THE BLACK PLATE 45

Raw Tuna in Rice Paper
Vegetables, Nam Prik

Crispy Salmon Sushi
Chipotle Emulsion, Soy Glaze

Cromer Crab Roll
Tamarind Dip

Shrimp Satay
Sweet & Sour Sauce

Spicy Thai Slaw
Asian Pear, Mint, Crispy Shallot

Spiced Chicken Samosa
Yoghurt-Cilantro Dip

For two to share minimum. Price per person 633 Kcal

FISH

Cod & Chips 38
767 Kcal
Crunchy Potatoes, Gribiche Sauce

Cornish Sea Bass 58
865 Kcal
Crusted with Nuts & Seeds, Sweet & Sour Jus

Seared Scottish Salmon 45
762 Kcal
Butternut Squash- Lime Infusion, Caramelised Squash, Chilli Crisp

Roasted Cornish Halibut 52
293 Kcal
Malaysian Chilli Sauce, Thai Basil, Celery Leaves

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MEAT

Parmesan Crusted Chicken 43
901 Kcal
Artichoke, Lemon-Basil Sauce

Truffle Cheeseburger 45
1,636 Kcal
Somerset Brie, Yuzu Pickles, Black Truffle Mayonnaise

Red Curried Duck 40
764 Kcal
Pineapple Sambal, Served with Jasmine Rice

Hereford Beef Fillet 74
531 Kcal
Slow Roasted Beef Tomato, Béarnaise Sauce, Crispy Potato

VEGETARIAN

Tender Autumn Vegetables 28
183 Kcal
Green Curry, Red Quinoa, Lime, Shiso & Basil Cress

Artichoke & Fragrant Cous Cous 30
583 Kcal
Spiced Autumn Vegetables, Persian Cucumber, Ras El Hanout

Whole Roasted Cauliflower 28
694 Kcal
Grain Mustard Sauce, Herbs

PASTA & PIZZA

Three Cheese Agnolotti Pasta 29
336 Kcal
Fontina, Ricotta, Mozzarella & Parmesan Cheese, Tomato sauce

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PASTA & PIZZA · CONTINUED

Glazed Blue Lobster E-Fu — 52/104
478/ 956 Kcal
Longevity Noodles, Ginger, Scallion, Green Chili

Tomato & Mozzarella Pizza — 28
773 Kcal
Basil, Chilli Flakes

Black Truffle Pizza — 42
808 Kcal
Fontina Cheese

Spinach & Herb Pizza — 28
1,004 Kcal
Lemon, Olive Oil

SIMPLY PREPARED

Scottish Salmon 160g — 41
466 Kcal

Cornish Sea Bass 160g — 52
193 Kcal

Cornish Dover Sole 700g — 84
566 Kcal

Scottish Blue Lobster 700g — 100
254 Kcal

Cornish Lamb Chops 250g — 50
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Sakura Wagyu Sirloin 200g — 84
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Hereford Beef Fillet 180g — 72
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Served with Padrón Peppers & Sriracha Emulsion

SIDES

Chips — 12
459 Kcal

Mashed Potatoes — 11
281 Kcal

Roasted Brussels Sprouts — 12
256 Kcal
Poblano Chilli Emulsion, Pecorino Cheese

Glazed Japanese Aubergine — 12
144 Kcal
White Miso, Toasted Sesame

Half Roasted Cauliflower — 16.5
347 Kcal
Grain Mustard Sauce, Herbs

Ginger Fried Rice — 15
580 Kcal
Golden Sunny Side Up Egg

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DESSERT

DESSERTS

Floating Island 23
281 kcal
Strawberry Compotée, Lemongrass Crème Anglaise

Crêpe 20
780 Kcal
Nutella, Milk Ice Cream, Fresh Strawberry

Mille Feuille 25
764 Kcal
Caramelised Pecan Nuts, Vanilla Ice Cream, Warm Caramel Sauce

Sliced Seasonal Fruit 24/ 36
98/ 197 Kcal
Exotic Fruit Sorbet, Apricot Sorbet

Warm Chocolate Cake 23
663 Kcal
Vanilla Ice Cream, Chocolate Crumble

Cherry & Shiso 22
369 Kcal
Pannacotta, Cherry Compote

Apricot-Almond Tartlet 22
359 Kcal
Fontainebleau Cream, Apricot Sorbet

CHEESE

Selection 28
233 Kcal
Served with Tomato Chutney & Crackers. Comté 28 Months, Montgomery Cheddar, Brillat Savarin, Dorstone, Colston Bassett Stilton

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SWEET WINES BY THE GLASS — 100ML

2019 Chateau Coutet — 24
Sauternes, Bordeaux, France

2011 Château d'Yquem — 165
Sauternes, Bordeaux, France

2017 Tokaji 'Szamorodni' — 32
Istvan Szepsy Mad, Hungary

Tawny Port, Ramos Pinto — 28
10y, Douro, Portugal

TEA & COFFEE

Tea & Coffee — 9
Sustainably sourced through JING Tea and Extract Coffee

Chef Partner Nicolas Rouzaud. Executive Pastry Chef Loic Carbonnet

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