

T H E P E A K L O U N G E

LUNCH A LA CARTE - 12:00 pm to 7:00 pm

BREAKFAST A LA CARTE - 7:00 am to 12:00 pm

Organic Porridge (V)/(VG)	15
<i>Cooked with milk or water - 185 / 150 kcal</i>	
<i>Enhance your porridge</i>	+4
<i>Sliced banana, berries or peanut butter - 89/ 80/ 100 kcal</i>	
Honey Glazed Granola (V)	19
<i>Gluten-free granola, berries compote & Greek Yoghurt - 210 kcal</i>	
Açaí Berry Bowl (VG)	19
<i>Served with bananas, berries & coconut - 208 kcal</i>	
Pancakes or Waffle	23
<i>Berries topping, served with whipped cream, maple syrup or chocolate sauce - 227 / 291 Kcal</i>	
French Toast 'Crème Brûlée'	23
<i>Brioche soaked in crème anglaise, pan-fried in butter & brown sugar, served with vanilla Chantilly -430 Kcal</i>	
Eggs Any Style (V) ☺	22
<i>Two organic free-range eggs served with your choice of white, brown or granary toasts</i>	
<i>Scrambled - 149/ Poached - 128/ Fried - 140/ Boiled - 138/ Omelette - 154 kcal</i>	
Smashed Avocado Toast (VG) ☺ - 220 kcal	19
<i>Enhanced with two free-ranged poached eggs - 128 kcal</i>	+5
Baked Shakshuka (V) ☺	28
<i>Three free-range eggs baked with spicy bell pepper & tomato sauce - 440 kcal</i>	
Eggs Royale (V) ☺	28
<i>English muffin topped with smoked salmon, chives & Hollandaise sauce - 737 kcal</i>	
Eggs Florentine (V) ☺	26
<i>English muffin topped with baby spinach & Hollandaise sauce - 660 kcal</i>	
Breakfast sides	10
<i>Sliced avocado, grilled tomato, portobello mushroom, smoked salmon, hasbrowns, chicken or pork sausage, turkey bacon or full madames</i>	
<i>160/22/22/117/316/301/382/75 kcal per 100 gr</i>	

HEALTHY SALAD BAR

Caesar Salad	28
<i>24-month aged Parmesan cheese, sourdough croutons & anchovies</i>	
<i>704 kcal</i>	
Greek Salad	28
<i>Classic ingredients, 6-month aged feta cheese & oregano lemon dressing</i>	
<i>568 kcal</i>	
CREATE YOUR SALAD	18
Salad base - Choose one	
<i>Baby Gem, kale, rocket, mixed leaves, endives, Basmati rice, saffron rice, quinoa</i>	
<i>18/ 28/ 25/ 17/ 18/ 148/ 200/ 125 kcal per 100 gr</i>	
Toppings - Choose four	
<i>Cucumber, red beetroot, broccoli, carrots, celery, cherry tomato, avocado, kalamata olives, red onion -15/ 44/ 35/ 35/ 16/ 15/ 160/ 115/ 45 kcal per 100 gr</i>	
Garnish	
<i>Crispy onion, peas & broad beans, spring onion, roasted cashew nuts, alfalfa sprouts, mix seeds (sunflower, pumpkin, flax & linseed)</i>	
<i>44/ 84/ 32/ 565/ 23/ 360 kcal per 100 gr</i>	
Dressing - Choose one	
<i>Extra virgin olive oil, balsamic dressing, Caesar dressing, lemon dressing, Greek dressing, blue cheese dressing -822/290/528/892/395/467 per 100 gr</i>	
Enhance your salad with:	
Protein	
<i>Chicken breast, smoked salmon, grilled king prawns</i>	+12
<i>165/ 117/ 220 kcal per 100 gr</i>	
<i>Hard boiled egg - 220 kcal</i>	+3
Dairy	
<i>Feta cheese, burrata - 265/ 245 kcal per 100 gr</i>	+9
<i>Parmesan cheese shavings - 245 kcal per 100 gr</i>	+4

MAIN COURSES & FROM THE GRILL

Scottish Salmon (180gr) - 229 kcal ☺	27
Plain Baby Chicken (220gr) - 286 kcal ☺	28
Beef Sirloin Steak (200gr) - 310 kcal ☺	39
Sea Bass (160gr) - 225 kcal	32
SIDES	10
<i>French Fries, Pommes Mouseline, Basmati Rice, Grilled Vegetables,</i>	
<i>Green salad - 312/ 237/ 120/ 76/ 40 kcal</i>	
<i>Halloumi Cheese Fries with harissa dip - 380 kcal</i>	19
SAUCE	5
<i>Veal jus, peppercorn, beurre blanc, chimichurri or teriyaki</i>	
<i>75 /86 /95 /178 /89 kcal</i>	
Club Sandwich	34
<i>Grilled chicken, egg, tomato & streaky bacon with salad or fries - 620 kcal</i>	
Wagyu Beef Burger	44
<i>Black truffle mayo, aged Comté cheese & caramelised red onions - 735 Kcal</i>	
Regina Margherita Pizza (V)	28
<i>Tomato sauce, buffalo mozzarella & basil / 710 kcal</i>	
Pepperoni Pizza	36
<i>Tomato sauce, beef Pepperoni & buffalo mozzarella - 850 Kcal</i>	
The Carlton Tower Biryani	48
Prawn, Chicken, Lamb or Vegetarian	
<i>Served with Indian condiments & cashew nuts - 520/656/754/621 kcal</i>	
Butter Chicken Masala	44
<i>Served with steamed rice, Paratha bread & coriander cress - 600 kcal</i>	
Make Your Own Pasta	23
<i>Penne, Spaghetti or gluten free option with your choice of tomato, white or pink sauce - 334 kcal</i>	
<i>Enhance your pasta with:</i>	
<i>Bolognese/Arrabbiatta - 118 kcal</i>	12
<i>Vegan Bolognese Sauce - 110 kcal</i>	10

ON THE COUNTER

BREAKFAST

£35 per person From 7:30 am to 11:30 pm

LUNCH

£45 per person From 12:30 pm to 4:00 pm

PEAK SPECIALS

Chicken Wrap with Green Salad or French fries - 252 kcal	30
<i>Grilled chicken breast, raita, baby gem, tomato & red onion</i>	
Falafel Wrap with Green Salad or French fries - 323 kcal	30
<i>Chickpea falafel, hummus, chilli sauce, pickles, baby gem & tomato</i>	

(V) Vegetarian, (VG) Vegan, ☺ Sustainable, ☺ Locally sourced

Should you have any allergies or dietary requirements, please do inform our team. All prices are in GBP, inclusive of VAT. A discretionary service charge of 15% will be added to the bill

T H E P E A K L O U N G E

FRESH JUICE & SMOOTHIE BAR

14

Vision - 127 kcal	
Orange, carrot, lime & ginger	
Cadogan Green Detox - 65 kcal	
Green apple, celery, lime & cucumber	
Celery Shine - 9 kcal	
Celery, lemon & ginger	
Knightsbridge Breakfast Bliss - 350 kcal	
Almond milk, strawberry granola, blueberries & banana	
Wellness Berry Detox - 73 kcal	
Aloe vera, mixed berries & strawberries	
Beetroot Vita Glow - 90 kcal	
Apple, beetroot, carrot & ginger	
Tropical Banana - 125 kcal	
Banana & orange	
Spinach & Matcha - 180 kcal	
Avocado, banana, matcha, spinach, coconut milk & honey	
Selection of freshly squeezed juices	12
Orange, carrot, grapefruit or apple	
Ginger Shot - 38 kcal	8
Apple, ginger & lime	

CHAMPAGNE & WINE

Glass Bottle

Champagne		
Ruinart Brut	28	130
Rosé Champagne		
Ruinart Brut Rosé	30	185
White Wine		
Pinot Grigio 'Riff', Alois Lageder, Alto Adige, Italy 2022	14	55
Chablis 'Les Châtillons', Domaine Long-Depaquit, Burgundy, France 2022	18	85
Rosé Wine		
Triennes Rosé, Côtes de Provence, France 2012	14	49
Red Wine		
Château des Gravières, Graves, Bordeaux, France 2020	12	55
Chianti Classico, Castellare di Castellina, Tuscany, Italy 2021	17	70

PEAK ICED DELIGHTS

Iced Matcha Latte ☑	11
Iced Spanish Latte ☑	11
Iced Moccha ☑	7
Iced Caramel Shake ☑	12
Oat milk, double espresso, vanilla protein & caramel syrup	
Iced Chocolate	7

COFFEE & TEA

Ristretto, Espresso, Macchiato or Lungo ☑	6
Americano, Cappuccino, Latte, Flat White, Mocha ☑	7
Golden Latte	8
Turmeric, Cinnamon, Pepper, Chilli, Nutmeg, Ginger and Honey made with almond milk	
Matcha Latte	11
Spanish Latte ☑	11
Tea Selection ☑	7
English Breakfast, Earl Grey, Green Tea, Peppermint, Jasmine, Chamomille, Blackcurrant Tea	
Hot Chocolate	7

SWEET CORNER

Protein Ball - 108 kcal	10
Healthy Fruit Salad (V) - 98 kcal	16
With juice syrup, served with mini madeleine	
Selection of Sorbet (VG) - 108 kcal	12
Classic Tiramisu (V) - 220 kcal	16
Mascarpone cream, Savoiardi and espresso coffee	
Baked Cheesecake - 560 kcal	16
Cream cheese, fresh raspberries & berry coulis	
Pistachio - 560 kcal	16
Tart shell, praline, sponge, pistachio cream - 585 Kcal	

PROTEIN SHAKES

16

Avocado & Date - 390 kcal	
Coconut milk, dates, peanut butter, avocado, banana & vanilla protein	
Zenergy - 350 kcal	
Aloe vera, banana, strawberries, avocado & vanilla protein	
Peak Signature Matcha - 255 kcal	
Coconut milk, matcha, almonds, banana & vanilla protein	
Peanut Energy Booster - 360 kcal	
Almond milk, peanut butter, banana, cinnamon & chocolate protein	
Blueberry Vegan Fitness - 205 kcal	
Coconut milk, banana, blueberries & vegan protein	
Espresso Energiser - 220 kcal	
Almond milk, espresso, dates, pecans, banana & vanilla protein	
Strawberry Supercharge - 210 kcal	
Coconut milk, strawberries, cashew nuts, chia seeds & vanilla protein	
Power Up Delight - 290 kcal	
Coconut milk, hazelnuts, dates, raspberries, vanilla & chocolate protein	

OTHER DRINKS

Soft Drinks	7
Coca Cola, Diet Coke, Coke Zero, Sprite, Ginger Ale or Tonic Water	
Water	500/750 ml
Acqua Panna/ Decantae Still ☑	6/8
San Pellegrino/ Decantae Sparkling ☑	6/8
Beers & Spirits	
Beer Menabrea Pale Lager	9
Gin Hendrick's	14
Vodka Ketel One	14
Scotch Johnnie Walker Black Label	12
Cognac Hennesey	16