

LANSERHOF | AT THE ARTS CLUB

SMOOTHIES

PRE-WORKOUT 9.00

coffee, banana, raw cacao, almond milk,
vegan vanilla protein

Calories: 248 kcal , Fat: 6 g, Carbs: 22 g, Protein: 25 g

GREENS TO GO 9.00

oat milk, greens (matcha, spirulina and maringa),
vegan vanilla protein

Calories: 224 kcal, Fat: 9 g, Carbs: 18 g, Protein: 25 g

POST-WORKOUT 9.50

peanut butter, banana, date, coconut milk, coconut yogurt,
vegan vanilla protein

Calories: 487 kcal , Fat: 20 g, Carbs: 46 g, Protein: 31 g

POWER UP 9.50

almond milk, coffee, coconut yogurt, banana,
almond butter, vegan vanilla protein

Calories: 407 kcal , Fat: 21 g, Carbs: 25 g, Protein: 27 g

GREEN AND LEAN 9.50

celery, avocado, cucumber, spirulina, almond milk, vegan
vanilla protein

Calories: 321 kcal , Fat: 17g, Carbs: 15 g, Protein: 25 g

BERRY BLAST 10.00

raspberry, strawberry, blackberry, banana, almond butter,
vegan vanilla protein

Calories: 391 kcal , Fat: 16 g, Carbs: 29 g, Protein: 27 g

COLLAGEN GLOW 10.00

almond milk, date, kiwi, mixed berries, collagen with
vitamin C, maca powder

Calories: 300 kcal , Fat: 16 g, Carbs: 29 g, Protein: 19 g

BESPOKE SMOOTHIE

CHOOSE YOUR BASE FROM 6.50

Almond milk, oat milk or coconut milk

ADD OF OUR MANY FLAVOURS 0.50

Berries, kiwi, avocado, celery, banana, dates, peanut
butter, almond butter, matcha powder, cacao nips, raw
cacao, coffee, coconut yogurt, cinnamon

ADD YOUR PROTEIN 2.50

Vegan protein, vegan vanilla protein, whey vanilla protein,
whey chocolate protein, collagen with vitamin C, maca
powder, spirulina, metabolic powder

METABOLIC DRINKS

BERRY BURNER 9.00

Coconut milk, metabolic powder red, MCT oil, berries

GOLDEN GLOW 9.00

Coconut milk, metabolic powder gold, MCT oil, peanut butter, honey

META BLISS 9.00

Coconut milk, metabolic powder green, MCT oil, almond butter, banana

JUICES

BESPOKE JUICE 9.00

BESPOKE SHOT 4.50

Create your own fresh pressed juice/ shot from the
following ingredients:

- Celery
- Beetroot
- Kale
- Carrot
- Apple
- Cucumber
- Lemon
- Ginger
- Lime
- Turmeric/Black pepper

LANSERHOF TEA

LANSERHOF ACTIVE TEA 5.50

green tea, lemon verbena, lemongrass, apple slices

LANSERHOF FASTING TEA 5.50

caraway, fennel, peppermint, yarrow

LANSERHOF ALKALINE TEA 5.50

nettle leaves, horsetail, chamomile flowers, fennel, mallow
leaves, lemongrass

LANSERHOF METABOLIC TEA 5.50

yarrow, juniper berries, dandelion root, peppermint, pansy,
St. John's wort, liquorice root

LANSERHOF DIGESTIVE TEA 5.50

chamomile blossoms, melissa leaves, fennel, elderflower,
calamus root, peppermint leaves

CLASSIC TEA

ASSAM BREAKFAST 5.00

EARL GREY 5.00

ORGANIC JADE SWORD 5.00

WHOLE CHAMOMILE FLOWERS 5.00

FRESH MINT TEA 5.00

COFFEE

CAPPUCCINO 5.50

FLAT WHITE 5.50

LATTE 5.50

AMERICANO 5.00

ESPRESSO 5.00

MACCHIATO 5.00

SPECIALITY LATTES

MATCHA LATTE 8.00

TURMERIC LATTE 8.00

WATER

STILL WATER BOTTLE 250ML 4.50

SPARKLING WATER BOTTLE 250ML 4.50

LANSERHOF | AT THE ARTS CLUB

MENU

Our Members Lounge offers you access to our curated menu, aligned with the Lanserhof principles of holistic health. Emphasizing fresh, locally sourced ingredients, we strive to deliver balanced and flavourful dishes that promote well-being.

BITES:

Energy Bites 3.5

Collagen, Almond or Cranberry

BREAKFAST

Coconut Yogurt 7.3

Fresh berries, granola and honey
(2, 10,11)

Greek Yogurt 7.8

Mango, blueberries, granola and honey (2,7,10,11)

Overnight oats 8.5

Oats, chia seeds, oat milk, maple syrup and mixed berries (2)

Add:

peanut butter or almond butter 1.9
(10, 11)

Avocado on toast 12.8

Toast with avocado, cherry tomatoes, pomegranate with lemon garlic and olive oil dressing
(1,2,9,14) (GF)

Scrambled eggs on toast 12

Toast with scrambled eggs, cherry tomatoes and pomegranate (1,2,4,7,9,14)
(GF)

Add:

Smashed Avocado 4.5

LUNCH

Vegetable broth 6.5 (1)

Mixed Greens & Chicken Breast Bowl 13.5

Mixed green leaves, cherry tomatoes, edamame, lemon garlic and olive oil dressing (1,9,13,14)

Boiled Egg Avocado & Baby Spinach Bowl 12.5

Boiled egg, avocado, baby spinach, cherry tomatoes, edamame, lemon garlic and olive oil dressing
(1,4,9,13,14)

Buckwheat & Kale Bowl 12

Buckwheat, kale, edamame, avocado, cherry tomatoes boiled egg, lemon garlic and olive oil dressing (1,4,9,13,14)

Quinoa & Kale Bowl 12

Quinoa, kale, kimchi, edamame, avocado, cherry tomatoes, lemon garlic and olive oil dressing (1,9,12,14)

Assemble your own bowl:

Base: 10.5

Quinoa or buckwheat or mixed greens or baby spinach or kale
(Cherry tomatoes, edamame, avocado, feta)
(7,13,14)

Protein:

Beef tartar, chicken 6.8

Salmon 7.5

Boiled egg 2.6

Tofu 6.8

Fibre: 1.8

Kimchi

VAT is included on all menu items. A discretionary service charge of 15% will be applied to your bill, for which we thank you. Menu items may contain other allergies, Please let us know if you have any dietary request.

Allergens: 1. Celery 2. Cereals containing gluten 3. Crustaceans 4. Eggs 5. Fish 6. Lupin 7. Milk 8. Molluscs 9. Mustard 10. Nuts 11. Peanuts 12. Sesame seeds 13. Soya 14. Sulphur dioxide