



ONE ALFRED PLACE

FRESH JUICE

- 4.5 Spinach, kale, apple
Beetroot, carrot, ginger
Banana, almond milk, nuts
Pink grapefruit, apple, orange
Carrot, apple, ginger (large 6.5)

JUICES AND SMOOTHIES

- 2.5 Pomegranate, cranberry, tomato
- 4.5 Virgin Mary
Freshly Squeezed Apple Juice
Freshly Squeezed Orange Juice
Vita coconut water
- 5.5 Persian Booster (pomegranate, raspberry, mint & lime)
Berry w/ yogurt
Mango, mint w/ yogurt
Banana, honey w/ yogurt
Banana, orange, mixed berry juice

HEALTHY SNACKS

- 3 9 BAR: Carob hit/ Hazelnut /Cashew
NEAT Bar: Banana, chia seeds and multi seeds
- 2 Popcorn: Sea salt / Sweet and salty
- 0.6 Fruit: Apple / Banana / Grapes

A selection of bar snacks is also available at the bar

COFFEE AND CHOCOLATE DRINKS

- 2.5 Espresso, Macchiato
- 3 Double Espresso, Double Macchiato, Americano
- 3 Cappuccino, Latte, Flat White
- 3 Mocha, Hot Chocolate
- 8 Liqueur Coffee: Irish / Baileys / Tia Maria / Kahlua/ Amaretto
- 0.5 Coffee syrups: Hazelnut / Caramel / Vanilla

CLUB TEAS

- 2.75 English Breakfast Organic
- 3 Earl Grey Organic
Assam Choice Estate
Ceylon Kenilworth
Lapsang Souchong
Darjeeling Choice Estate
Decaf English Breakfast
Bombay Chai
Leaves Of Provence
Pai mu tan (White Tea)
Chine gunpowder (Green Tea)
Jasmine (Green Tea)

HERBAL INFUSIONS

- 3 Camomille
Ginger Twist
Mint Melange
Fresh Mint
African Nectar Organic
Red Bush Rooibos

LUNCH

Served from 12pm

SMALL PLATES

5.5	Pan fried halloumi, spring onions and chilli
8.5	Chilli fried squid, harissa ,mayonnaise
5	Soup of the day
8.5	Roasted beets, watercress, apple, mascarpone and walnut
9.5	Bulgur wheat tabbouleh, falafel, tzatziki
12	Pasta of the day
14	Light dish of the day
12	Chicken Caesar salad, anchovies dressing
15	Sesame crust salmon, brown rice, avocado, black beans, pickled carrots, miso mayonnaise
13	House burger, tomato relish, bacon, stilton and hand cut chips
19.50	Chargrilled sirloin, peppercorn sauce, sweet potato fries
4	Add a side of hand cut chips / fries / sweet potato fries/spinach/new potatoes/ green salad/ rocket salad
6	Fresh fruit salad, orange sorbet Selection of cheeses Dessert of the week

WHITE WINE

Glass	Bottle	
7	26	Riverstone <i>Sauvignon Blanc, Marlborough, New Zealand (12.5%)</i>
	32	Parini <i>Pinot Grigio, Veneto, Italy (11.5%)</i>
	34	Flagstone Word of Mouth <i>Viognier, South Africa (12.5%)</i>

38	Toledana <i>Gavi di Gavi, Domini Villa Lanata, Piemonte, Italy (13%)</i>
9	40 J. Moreau et Fils <i>Chablis, France (12.5%)</i>

RED WINE

Glass	Bottle	
6	21	Monte Verde <i>Cabernet Sauvignon, Central Valley, Chile (13%)</i>
7	28	Da Luca <i>Primitivo, Italy (14%)</i>
	33	Portillo <i>Pinot Noir, Valle de uco, Mendoza, Argentina (14%)</i>
	35	Ogier <i>Côtes Du Rhône Gentilhomme, France (14%)</i>
	42	Cadillac- Cote de Bordeaux <i>Domaine du Seuil (13%)</i>

ROSE WINE

Glass	Bottle	
7	26	La Campagne Rosé de Cinsault <i>Rosé, Pays d'Oc, France (12%)</i>

CHAMPAGNE AND SPARKLING WINE

- 8 Bottega Gold - *Prosecco (200ml), Italy*
- 28 Sant' Orsola - *Prosecco, Italy*
- 48 Perrier Jouet- *France*
- 51 Deutz – *Champagne, Brut Classic, France*

BOTTLED BEER

- 4 Asahi, Japan, 330ml (5%)
- 4 Peroni, Italy, 330ml (5.1%)
- 4 Curious IPA, England, 300ml (5.6%)
- 4 London Pride Ale 500ml (4.7%)
- 5 Spitfire Kentish Ale 500ml (4.5%)

SOFT DRINKS

- 3 Coca-Cola, Diet Coca-Cola
Elderflower Spritzer
- 2.5 Tonic Water, Slimline Tonic
- 2.5 Lime and Soda
- 5 Orange and Lemonade
Orange and Soda
- 4 Real Lemonade (Lemon, lime, sugar & water)

A 12.5% service charge will be added to your bill

SANDWICHES

Served from 11.30am

Sandwiches are served on white, granary or ciabatta

- 7 Chicken Caesar wrap
- 7 Roast scotch beef, horseradish and rocket
- 7 Fish finger , tartare sauce
- 9 Smoked salmon, cream cheese and chive, toasted bagel
- 7 Honey roasted ham, Montgomery cheddar, red onion chutney
- 7 Roast peppers, hummus, baby spinach wrap

- 3 Add hand cut chips, fries or salad

BAR SNACKS

- 6 Chickpea and kale frittata
- 3 Homemade crisps
- 1.75 Selection of olives

AFTERNOON TEA

Served from 3.30pm

- 5 Homemade scone served with jam, clotted cream
and a pot of tea or coffee of your choice
- 4 Biscuits and shortbread with a hot drink of your choice
- 4 Chocolate brownie, crème fraiche