

THE PEAK CLUB



Gluten Free – GF Dairy Free – DF Contains Alcohol – A Contains Pork – P Contains Egg – E
Contains Mustard – MU Contains Nuts – N Contains Sesame – SE Contains Seafood – SF
Contains Soy – S Raw – R Locally Sourced – LS
Certified Sustainable – CS Vegetarian Dish – V Vegan – VG

The allergen information on the menu is a guide only. If you have any allergies or special dietary needs,
please inform our team before ordering.

We are happy to help you choose suitable items or prepare a dish to meet your needs.
Be advised that food prepared here may contain or may have come into contact with allergens.

BREAKFAST À LA CARTE

7:00 am to 12:00 pm

Seasonal Fruit Platter or Fruit Salad with Berries	19
130 kcal (GF/DF/VG)	
Wellness Bento	32
Coconut mango chia pudding; kiwi & berry salad; green egg white shakshuka; crushed avocado with sourdough soldiers - 350 kcal (DF/E/V/LS)	
Sunrise Bento	32
Coconut berry granola; melon & pomegranate salad; seaweed egg white omelette; grilled tomato & halloumi salad - 380 kcal (E/N/V)	
Porridge	16
Prepared with your choice of milk and your choice of topping: classic, moringa or spicy chicken - 195 kcal Vegan option available	
Protein Pancakes	24
Served with blueberries, honey, peanut butter & Greek yoghurt	
520 kcal (E/S/N/V)	
Chia Pudding	18
Served with honey, mango, berries & coconut - 260 kcal (GF/DF/VG)	
Granola Coconut Yogurt Bowl	18
Served with berries - 280 kcal (GF/DF/N/VG)	
Bircher Muesli	18
Jumbo oats, coconut yogurt, golden raisins, apple, orange & choice of nuts - 210 kcal (N/V)	
Smashed Avocado Toast with Poached Eggs	19
With omega seeds, chilli oil and pomegranate - 250 kcal (DFMU/V)	
Add poached eggs	+5
Eggs Any Style (E/V/LS)	18
Two free-range eggs served with your choice of white bread, sourdough or croissant	
Scrambled 149/Poached 128/Fried 140/Boiled 138/Omelette 154 kcal	
Enhance your eggs with:	
Truffle - 40 kcal	20
Imperial Caviar (10g) - 30 kcal (SF)	32
Baked Shakshuka	28
Your choice of classic (V), green (V) or lamb keema - 380/350/440 kcal (DF/E/MU/LS)	
Eggs Royale (SF), Eggs Benedict (P) or Eggs Florentine (V)	28
737/508/660 kcal (E/SF/LS)	
The Peak English Breakfast	29
Sausage, bacon, tomato, mushroom, beans & your choice of eggs	
400 kcal (E/P)	
Breakfast Sides	10
Sliced avocado (GF/VG), grilled tomato (VG), portobello mushroom (VG), smoked salmon (GF/SF), hash brown (GF/VG), chicken or pork sausage (P), turkey bacon (E/S/MU), veal bacon (GF/DF) or ful medames (MU/V)	
160/22/22/117/316/301/382/380/75 kcal per 100 g	
Bagel with Cream Cheese	8
Your choice of plain, seeded (SE) or gluten free (GF) served with green salad 300 kcal (V)	
Add pastrami or smoked salmon (SF) - 60 kcal	+4
Vegan Baked Shakshuka	28
Tofu, kale, beetroot & tomato - 400 kcal (DF/VG)	
Scrambled Tofu	16
Turmeric, baby spinach, baby beet on sourdough bread - 350 kcal (S/VG)	
Bakery Corner (E/V)	
Croissant - 367 kcal	7
Pain au chocolat (S), almond croissant (N), marble cake (S),	
lemon cake or blueberry muffin - 393/380/167/160/290 kcal	9
Honey madeleine - 80 kcal (E/V)	8
Turkey ham & cheese croissant - 350 kcal (E/P)	11

LUNCH À LA CARTE

12:00 pm to 7:00 pm

ON THE COUNTER

LUNCH

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

LIGHT & BALANCED

Maldon Cured Smoked Salmon 18

Rainbow radish, cucumber, finger lime, salmon caviar, crème fraîche & soda bread - 215 kcal (SF/LS)

Crispy Ahi Tuna 29

Crispy vegetables, green papaya served with Japanese dressing & tapioca pearls - 390 kcal (GF/DF/SF/LS)

Creamy Chicken Soup 25

Garnished with poached diced chicken, cheese confit tortellini & croutons - 289 kcal (E/LS)

Roast Tomato Soup 24

With basil, ravioli & toasted bread - 250 kcal (E/V)

Cadogan Garden Salad 26

Kale, quinoa, avocado, sweet potato purée, pomegranate, cranberries, mixed seeds & apple cider vinaigrette - 450 kcal (GF/DF/MU/VG)

Burrata Salad 28

Potimarron, roasted beetroot, pomegranate & quinoa - 420 kcal (GF/V)

Cobb Salad 26

Baby gem lettuce, cucumber, blue cheese, tomato, sweetcorn, avocado, cheese cubes, pomegranate, boiled egg & turkey bacon - 490 Kcal

Caesar Salad 26

Baby gem lettuce, smoked anchovies, aged Parmesan & crispy croutons 550 kcal (E/SF/P)

Greek Salad 26

Heritage tomatoes, cucumber, red onion, baby gem, Kalamata olives & marinated feta with oregano and roasted lemon dressing 530 kcal (GF/V)

Enhance your salad with

Roasted Chicken - 144 kcal (GF/LS) 12

Lobster - 145 kcal (GF/SF/LS) 40

Pan-seared Prawns - 110 kcal (SF) 12

Truffle - 140 kcal 40

Silken Tofu - 110 kcal (GF/DF/S/VG) 12

Grilled Cornish Seabass - 120 kcal (GF/DF/SF) 18

LUNCH À LA CARTE

12:00 pm to 7:00 pm

BENTO BOX

Signature Bento 35

Cadogan Garden Salad; teriyaki salmon; asparagus & strawberries and cream - 650 kcal (GF/S/SF/MU)

Classic Bento 32

Caesar Salad, grilled chicken, sprouting broccoli & rhubarb custard - 620 kcal (SF/LS)

GATHER & SHARE

Sushi & Sashimi Bento 45

Selection of sushi rolls, salmon sashimi, tuna sashimi, homemade pickles, served with soy sauce and wasabi - 568 kcal (DF/E/SF/S/R)

Tempura Seafood & Vegetables 26

Thai sweet chilli & basil - 613 kcal (DF/S/SF)

Falafel Bites (V) 24

Whipped feta, pomegranate & sumac granola with sesame 430 kcal (SE/V) May contain E/S/SF/MU/N

Blue Lobster & Avocado Brioche - 480 kcal (E/SF) 40

Served with crisps

Artisan Cheese & Charcuterie Board 32

Confit fruits, pickles & selection of bread - 800 kcal

PROTEIN SELECTION

All dishes from the grill are served with a garnish of king oyster mushroom, roasted tomato and a sauce of your choice.

Scottish Salmon - 360 kcal (GF/DF/SF/LS) 35

Cornish Seabass - 220 kcal (GF/DF/SF/LS) 35

Whole Native Lobster - 200 kcal (GF/SF/LS) 90

Ribeye (250g) - 600 kcal (GF/DF) 42

Chicken Supreme - 360 kcal (GF/DF/LS) 30

PERFECT PAIRINGS

French Fries - 225 kcal (DF/VG) 10

Truffle Fries - 250 kcal (V) 15

Basmati Rice - 100 kcal (GF/DF/VG) 10

Saffron Rice - 110 kcal (GF/DF/VG) 14

Wok Fried Rice with Egg & Vegetables - 140 kcal (GF/DF/E/S/V) 14

Mashed Potatoes - 105 kcal (GF/V) 10

Truffle Mashed Potatoes - 125 kcal (GF/V) 15

Seasonal Vegetables - 48 kcal (GF/V) 10

Steamed or Grilled

Mixed Leaves Salad - 25 kcal (GF/DF/VG) 10

Tenderstem Broccoli - 25 kcal (GF/S/V) 10

Steamed or Grilled

Sauces 10

Mushroom (GF/V), peppercorn (GF/V), spicy tomato sauce (GF/DF/A), jus (GF/DF/A), hollandaise (GF/V), béarnaise (GF/V), chimi-churri (GF/DF/V), beurre blanc (GF/V) or teriyaki (DF/VG/S) - 80/100/50/30/180/200/120/180/50 kcal

LUNCH À LA CARTE

12:00 pm to 7:00 pm

COMFORT CLASSICS

Served with your choice of French fries or green salad

The Club Sandwich 34

Grilled chicken, baby gem, egg, tomato, turkey bacon & mayonnaise on sourdough - 512 kcal (E/MU)

Vegetarian Club Sandwich 34

Grilled vegetables, avocado, eggs, cheese, tomato, baby gem & mayonnaise on sourdough - 490 kcal (E/MU/V)

Shawarma Wrap 34

Choice of Chicken (LS), Lamb or Falafel (DF/VG) with tomato, lettuce, pickles, garlic & chilli sauce - 650 kcal

Make Your Own Pasta (V or VG) 28

Penne, Spaghetti (E/S/SE) or gluten-free (GF) option with your choice of tomato & basil (DF/V), Parmesan cream (V), pink sauce (V) or pesto (N/V) 334 kcal

Enhance your pasta with:

Roasted chicken - 144 kcal (GF/DF/LS) 12

Pan-seared prawns - 110 kcal (GF/DF/SF) 12

Lobster - 145 kcal (GF/SF/LS) 40

Truffle - 140 kcal (GF/DF) 40

Bolognese - 118 kcal 10

Seafood - 225 kcal (GF/DF/SF) 60

WHOLESOME TREATS

Protein Ball 10

108 kcal (GF/E/N/V)

Selection of Fresh Fruits & Berries 19

110 kcal (GF/DF/VG)

Classic Baked Cheesecake 19

Cream cheese, fresh raspberries & berry coulis

560 kcal (GF/E/N/V)

Classic Tiramisu 16

Mascarpone cream, Savoiardi & espresso coffee

220 kcal (GF/E/V)

Traditional Sticky Date Pudding 16

Caramel sauce & vanilla ice cream

450 kcal (GF/E/V)

Crème Caramel 16

Baked vanilla custard topped with a delicate caramel glaze & smooth amber sauce

300 kcal (GF/E/V)

THE WELLNESS COLLECTION

Vision - 127 kcal	11
<i>Orange, carrot, lime & ginger</i>	
Cadogan Green Detox - 65 kcal	11
<i>Green apple, celery, lime & cucumber</i>	
Celery Shine - 9 kcal	11
<i>Celery, lemon & ginger</i>	
Wellness Berry Detox - 73 kcal	11
<i>Aloe vera, mixed berries & strawberries</i>	
Beetroot Vita Glow - 90 kcal	11
<i>Apple, beetroot, carrot & ginger</i>	
Selection of freshly squeezed juices	11
<i>Orange, carrot, grapefruit or apple</i>	
Ginger Shot - 38 kcal	8
<i>Apple, ginger & lime</i>	

FUEL FOR PERFORMANCE 13

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

BOOSTERS

Protein Scoop (vanilla, chocolate or vegan)	3
<i>Supports muscle growth and repair, helps maintain muscle mass and contributes to daily protein intake</i>	
Creatine	2.5
<i>Supports muscle strength, power and exercise performance, and may help with muscle recovery</i>	
Collagen	2.5
<i>Provides amino acids that support skin elasticity, hair, nails and connective tissue, including joints and bones</i>	

CHAMPAGNE & WINE

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	Glass	Bottle
Champagne		
Laurent-Perrier La Cuvée	25	130
Rosé Champagne		
Laurent-Perrier Cuvée Rosé	30	175
White Wine		
Chablis, Domaine Nathalie et Gilles Fevre, France 2024	14	85
Sancerre Blanc, Henry Natter, Loire Valley, France, 2022	21	95
Rosé Wine		
Whispering Angel Rosé, Château d'Esclans, Provence, France, 2024	21	95
Red Wine		
Château des Gravières, Graves, Bordeaux, France 2022	12	55
Organic Malbec, Terrazas de los Andes, Mendoza, Argentina, 2022	18	85

OTHER DRINKS

Soft Drinks		8.5
Coca-Cola, Diet Coke, Coke Zero, Sprite, Ginger Ale or Tonic Water		
Water	350 ml	750 ml
Local Tau Still / Acqua Panna	5.5	8
Local Tau Sparkling / San Pellegrino	5.5	8
Beers & Spirits		
Beer Menabrea Pale Lager		9
Gin Hendrick's		18
Vodka Grey Goose		14
Scotch Johnnie Walker Black Label		17
Cognac Hennessy		18

COFFEE & TEA

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

PEAK ICED DELIGHTS

Iced Matcha Latte	11
Iced Spanish Latte	11
Iced Mocha	7
Iced Caramel Shake	12
<i>Oat milk, double espresso, vanilla protein & caramel</i>	
Iced Chocolate	7

