

Juices (small/large)

Freshly Squeezed Orange Juice – 5.00/6.00 K 226, C 49g, F 1.6g

Double Detox – 6.00/7.00 K 226, C 49g, F 1.6g

Carrots, apple, orange, ginger and beetroot

Power Charger – 6.00/7.00 K 252, C 55g, F 1.9g

Carrots, apple, ginger and orange

Smoothies (small/large)

Blueberry Explosion – 6.00/7.00 K 170, C 35g, F 2.1g

Blueberries, apple, lemon, carrots and chia seeds

Berry Bliss – 6.00/7.00 K 189, C 22g, F 6.8g

Acai, banana, raspberries, strawberries, hemp seeds and almond milk

Almond Berry – 6.00/7.00 K 144, C 22g, F 3.2g

Chia seeds, banana, blueberries, strawberries and almond milk

Green King – 6.00/7.00 K 128, C 18g, F 0.6g

Apple, avocado, spinach, lime juice

Juice shots

Ginger and Apple – 3.00

Beetroot and Lemon – 3.00

Coffees & Tea

Kimbo BIO Organic & FairTrade is the new refined blend of the finest quality beans. Made up of washed Arabica and Natural Robusta, both holding FairTrade and Organic certification. From a light roast and intense aroma, Kimbo Bio has a strong floral aroma, with a flavour of almond and a hint of spicy. The combination gives a definite sweetness to the espresso and a great balance

Flat White – 3.20

Americano – 3.20

Latte – 3.20

Cappuccino – 3.20

Mocha – 3.20

Espresso – 2.50

Double Espresso – 2.50

Hot chocolate – 3.20

Macchiato – 2.70

Iced Coffee – 3.50

Breakfast Tea – 3.00

Specialty Teas – 3.00

with your choice of milk:

Full fat, semi skimmed, skimmed

Almond – 0.50

Oat – 0.50

Coconut – 0.50

Soya – 0.50

Allergen information available on request. Calorie count is an average per meal.

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GF – Gluten Free V – Vegetarian VG – Vegan



CHELSEA
HEALTH CLUB & SPA

MENU

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ENERGY BOWLS

Classic Chickpea Falafel – 6.00 GF, V K 321, C 40g, F 9.9g
House pickled vegetables, cabbage, red pepper, onion, tzatziki, baby spinach leaves, vinegar

Chimichurri Chicken – 11.00 GF K 791, C 98g, F 24g
Chimichurri chicken, sticky rice, red onion, carrot, radish, kimchi, cucumber, coriander, hot sauce dressing

The Green One – 10.00
Kale, smoked organic tofu, red onion, charred corn, carrot, radish, sweet potato and Jalapeño mayo

Salmon Fillet– 16.00
Salmon fillet grilled either plain or with Cuban Chimichurri sauce, served with your choice of 2 sides from below

SIDES

Sweet Potato Wedges – 3.00 GF, V, VG K 155, C 34g, F 0.5g
Spinach – 3.00 GF, V, VG K 184, C 0.5g, F 18g
Avocado – 3.00 GF, V, VG K 217, C 2.1g, F 21g
Red Quinoa – 3.00 GF, V, VG K 235, C 35g, F 3.4g
Cauliflower Rice– 3.00

WRAPS

All served with roasted vegetables in a soft wheat bran tortilla wrap with natural yoghurt, Cheddar, our signature sauce, guacamole and tomato salsa, finished with our Chelsea Club side salad

Chicken – 12.00 K 689, C 42g, F 29g / K 914, C 70g, F 38g
Turkey – 12.00 K 708, C 42g, F 29g / K 933, C 70g, F 37g
Falafel – 13.00 V K 538, C 43g, F 32g / K 763, C 71g, F 41g

BURRITO

All served with with fried peppers and red onions in a toasted wheat bran tortilla wrap with natural yoghurt, red quinoa, black beans, mozzarella, hot sauce, guacamole and tomato salsa, finished with our Chelsea Club side salad

Chicken – 12.00 K 689, C 42g, F 29g / K 914, C 70g, F 38g
Turkey – 12.00 K 708, C 42g, F 29g / K 933, C 70g, F 37g
Vegetables and Halloumi – 13.00 V K 538, C 43g, F 32g / K 763, C 71g, F 41g

SALADS

Muscle Builder – 12.00 GF K 687, C 20g, F 34g
Grilled chicken, bacon, avocado, sweet potato, cherry tomatoes, red onions, Cheddar and baby leaf salad with a honey and mustard dressing

Chicken Caesar – 12.00 K 760, C 8.7g, F 42g
Pulled English chicken, cos gem heart lettuce, free-range egg, sourdough croutes, Parmesan cheese, anchovies and Caesar dressing

Hot Smoked Salmon Niçoise – 13.00 GF K 553, C 13g, F 26g
Hot smoked salmon, fine beans, Kalamata olives, new season potatoes, red onion and soft boiled free-range hen's egg on a bed of gem lettuce, Sicilian lemon oil and oregano

Quinoa Salad – 11.00 GF, V, VG K 618, C 30g, F 44g
Edamame beans, cannellini beans, pomegranate seeds, avocado, red onion, courgette, aubergine and peppers

Greek Salad – 9.00 GF, V K 618, C 30g, F 44g
Baked feta, olives, vine tomatoes, cos gem heart lettuce, red onion, lemon and an oregano dressing

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BREAKFAST

Omelette - Choice of 3 toppings served with either white, granary, wholemeal or gluten free toast – **7.00**

Grilled bacon, chestnut mushrooms, tomatoes, red onion, mixed peppers, spinach, Cheddar

Additional items are available to order with omelette –

Smoked salmon 50g – **3.50 GF**

(For nutritional information please speak to staff)

Chilli Avocado on Toast – small **7.00** / large **10.50 v,vg**

K 355, C 25g, F 23g / K 707, C 49g, F 46g

Smoked Salmon, Avocado and Egg on Toast – small **8.00** / Large – **12.00**

K 607, C 25g, F 42g / K 1214, C 50g, F 83g

Breakfast Super Bowls

Nut and Seed Granola – **5.00 v** K 539, C 58g, F 26g

Layers of organic English natural yoghurt, mixed berries, blossom honey, house nut seed granola mix

Organic Oat Porridge – **4.50 v** K 362, C 62g, F 6.3g

Cinnamon, banana, blueberries, blossom honey

Made with your choice of milk