

THE DORCHESTER SPA

THE SPATISSERIE

Create your own healthy plate.
Choose one protein, one side and one dressing

Protein (steamed or grilled)

Salmon fillet

140g (255cal, 35g protein, 0g carbs, 11g fat) £25
180g (327cal, 46g protein, 0g carbs, 15g fat) £30

Beef fillet

140g (286cal, 43g protein, 0g carbs, 13g fat) £32
180g (368cal, 55g protein, 0g carbs, 16g fat) £40

Chicken breast

140g (242cal, 43g protein, 0g carbs, 6g fat) £26
180g (311cal, 56g protein, 0g carbs, 8g fat) £31

Free range eggs (poached or boiled)

1 egg (68cal, 6g protein, 0.5g carbs, 5g fat) £8.50
2 eggs (136cal, 11g protein, 1g carbs, 9.3g fat) £16

Sides

Brown rice

240g (266cal, 6g protein, 55g carbs, 2g fat)

Steamed spinach

115g (27cal, 3g protein, 4g carbs, 0.4g fat)

Mixed vegetables

200g (64cal, 3g protein, 14g carbs, 0.6g fat)

Rocket garden salad

133g (173cal, 3g protein, 40g carbs, 18g fat)

Boiled new potatoes

200g/6 each (230cal, 5g protein, 54g carbs, 0.3g fat)

Additional sides: £6

Dressings

Dijon mustard, 30g (31cal, 1g protein, 2g carbs, 2g fat)

Jus, 60g (19cal, 1g protein, 3g carbs, 0.2g fat)

Pesto, 30g (157cal, 3g protein, 2g carbs, 16g fat)

Tomato sauce, 60g (14cal, 8g protein, 3g carbs, 1g fat)

Bento boxes

High protein bento £29

(999cal, 84g protein, 58g carbs, 50g fat)

Vanilla and banana protein shake
Roasted quinoa salad, grilled prawns, red peppers
and sesame seeds

Grilled chicken breast, green vegetable medley and satay sauce
Almond protein pancake with blueberries

Balanced bento £27

(656cal, 20g protein, 76g carbs, 45g fat)

Mixed berry smoothie

Garden salad with avocado, asparagus, pumpkin
seeds and pomegranate dressing

Smoked salmon, dill and pea frittata with green vegetables
Raw dark chocolate mousse with coconut and mixed berries

Bento light £25

(534cal, 40g protein, 74g carbs, 16g fat)

Apple smoothie

Houmous, moutabel, harissa and crudités

Steamed salmon, brown rice, kale and lemon
Citrus salad (mandarin, grapefruit and orange)

with yogurt and toasted almonds

Vitality bento £39

(975cal, 49g protein, 108g carbs, 45g fat)

Banana, blueberry and avocado smoothie with flax seeds

Tomato soup, seeded roll

Beef, chilli, cashew and honey stir-fry

Fruit platter with seeded chocolate energy bites

Fresh juices

Vitamin C booster £9

Fresh orange, grapefruit, kiwi and ginger

Detox juice £12

Apple, cucumber, celery, spinach, carrot, kale, ginger
and spirulina

Berry active £12

Strawberries, cranberries, and raspberries

Fresh smoothies

Mixed berry with goji berry £12

Pomegranate and strawberry £12

Aloe vera and apple £12

THE SPATISSERIE

A little bit of what you love is good for you

Tea selection

The Dorchester Blend

A blend of silvery Ceylon and golden Assam

Cherry Blossom

Japanese green tea infused with wild cherry blossom

Rose Pouchong

Chinese black tea enriched with rose petals

Orange Blossom Oolong

Traditional Chinese tea infused with orange blossom

Dragon Well

One of China's most prized traditional green teas

Dragon Phoenix Pearl

A blend of jasmine tea with fragrant flowers and blossoms

Silver Needles

Chinese white tea infused with peach aromas
(£3 supplement)

Three-year-old fermented Pu'erh

A fully fermented dark tea renowned for its nutritional benefits

Caffeine-free teas and infusions

Rooibos Red Tea

A South African tea rich in vitamin C, minerals, proteins and antioxidants

African Autumn

Accents of refreshing cranberry and orange flavours

Nettle

A soothing and cleansing tea with a light and refreshing taste

Fennel

Comforting and calming aniseed flavour

Elderflower

A light floral tea, which is relaxing and soothing

Organic Plum with Fresh Mint

A juicy herbal blend of hibiscus flowers, ginseng root and cinnamon, blended with plum, rosehip berries and fresh mint

Strawberry and Kiwi

A fruity blend of strawberry and exotic kiwi

Lemon Verbena

Classic lemon tisane with a strong citrus flavour, recommended for aiding digestion

Our menu contains allergens. If you have any food/drink intolerances or allergies, please let a member of The Spatisserie team know. A discretionary service charge of 12.5% will be added to your bill. All prices are inclusive of VAT.

Traditional Afternoon Tea	£55
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A selection of mouth-watering finger sandwiches

Freshly baked warm scones with clotted cream and seasonal jam

A selection of delicate pastries

Your choice of tea or coffee

Champagne Afternoon Tea	£65
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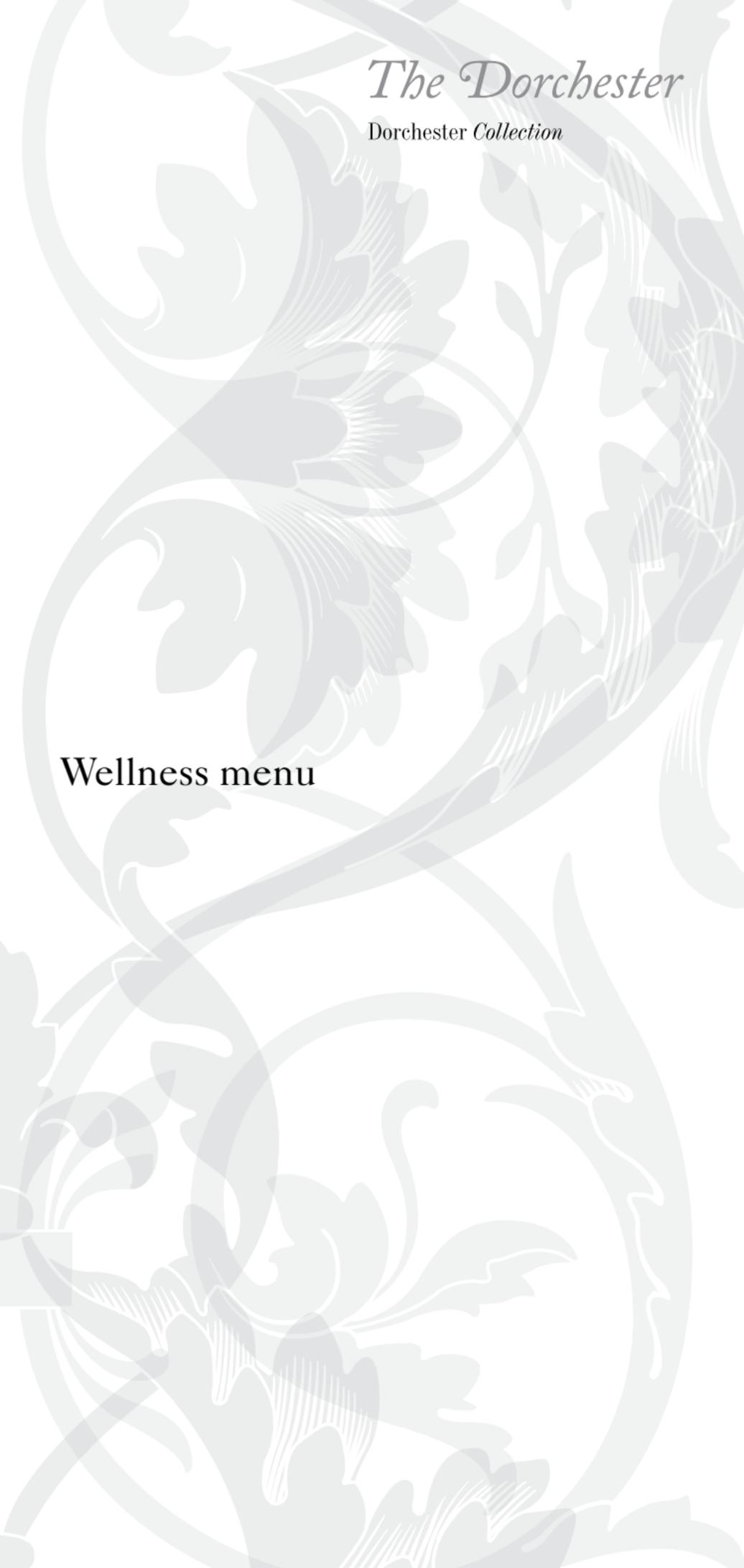
Enjoy all the above indulgences with a chilled glass of Laurent-Perrier Brut champagne

Laurent-Perrier Rosé Champagne Afternoon Tea	£72
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Selection of pastries or scones	£10
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Your choice of finger sandwiches	£15.50
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Tea and coffee	£6.50
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The Dorchester

Dorchester Collection

Wellness menu

Wellness menu

One of the most important things in life is good health. Here at The Dorchester we take great pride in ensuring our guests are well equipped to lead a healthier lifestyle, providing guests with the most nutritious ingredients, and the latest trends in health and wellness.

Raw

Crudités of seasonal English vegetables and dipping sauces inspired from the East £13

Green gazpacho £15

Superfood salad with seeds and organic nuts £24

Vegan

Organic penne, pesto and creamed avocado £15

Olive oil fried tofu, wakame and miso broth with brown rice £24

Smoky black bean and English beetroot burger, vegan bread and vegetable crisps £22

Low calorie

Organic seasonal vegetables and herb broth £15

Steamed salmon, basil and kale £26

Poached chicken, leafy salad and sprouts £24

Gluten free

Burrata and beetroot salad £20

Egg white frittata with mixed vegetables £16

Thai green chicken curry, brown rice and coriander £25

Dairy free

Autumn mushroom soup £15

Wild sea bass, black quinoa, kale and pumpkin seed oil £42

Beef stir-fry with chilli and cashew nuts £42

Juices

Vitamin C boost (Orange, ginger, grapefruit and kiwi) £9

Green detox (Kale, apple, spinach and spirulina) £12

Berry smoothie (Blueberry, raspberry and blackberry) £12

