

TIDAL

THE LENSBUURY MEMBERS' MAGAZINE

ISSUE 04

AUTUMN
WINTER
2024 / 2025

WINTERTIME AT THE LENSBURY

CLUB UPDATES

WHAT'S ON THE HORIZON
TO MAKE YOUR CLUB
EVEN BETTER

WINTER WELLNESS

INSPIRATION FOR STAYING
ON TOP OF YOUR FITNESS
GOALS AND KEEPING
YOUR SKIN GLOWING

DINING DELIGHTS BY THE THAMES

DISCOVER OUR
SEASONAL MENU, PACKED
WITH FLAVOURFUL
DISHERS YOU'LL LOVE

PLUS, ACTIVITIES AND EVENTS FOR ALL AGES



Welcome

As the leaves fall, and the air turns distinctly colder, we warmly welcome you to our autumn/winter edition of our Members' magazine, TIDAL.

A lot has happened since our last edition, and there is much to look forward to, as 2025 will be a significant year for The Lensbury with a number of improvements ahead.

Club Improvements

The major event for The Lensbury over the last six months was the opening of The Dunbar, your Members' Lounge, in May. We have received lovely feedback on this new exclusive space and the fresh, healthy, nutritional offering served there. Amongst other forthcoming projects, we are very much looking forward

to the renovation of our thermal suite, with new steam room, sauna and experience showers, and we are inching closer towards getting planning permission for our new padel courts; it has been a lengthy process to say the least! In the New Year we are planning to renovate the Restaurant, Conservatory and Sports Bar, and to introduce a new, dedicated co-working space.

On an IT front, in June we launched a new hotel management and point of sale system. Our Club Manager, Luke Fenton, and his team have been working hard on the launch of a new and improved Leisure Management System, OpenPlay's Flow. Built to be mobile-first and convenient, you'll find it easier, faster and more enjoyable to use when managing classes and activities. A significant extra benefit is that your membership card can be held on your phone, removing the need for a physical card.

Club Activities

Thank you to those who joined us earlier this year for our Riverside Festival – what a glorious day it was. We are very excited to confirm the return of **Rick Parfitt Jnr** for next year's event on Saturday 21st June 2025, back by popular demand.

We enjoyed a beautiful, albeit extremely wet, 12-mile charity kayak along Thames for our Charity of the Year, Shooting Star Children's Hospice. Please do keep up the good work with your chosen charity – **you can still make donations via the QR code inserted into the image above, top right.**

Now we're deep into autumn and the darker nights, you will have spotted the launch of our new book club, speed puzzling and quiz evenings, and hopefully you will also have seen the wide variety of Christmas activities we have arranged for the Christmas period, culminating in our 1920s New Year's Eve Party – with a six piece swing band – or perhaps you'd prefer the earlier 10pm countdown at the Family New Year's Eve party instead.

Scan to view fundraiser



You can find details of both at lensbury.com/christmas-at-the-lensbury.

Please do keep your eye on our lensbury.com/whats-on page to ensure you do not miss any of the great activities and events we have in store at The Lensbury.

Members' Survey

Your feedback remains at the heart of our success, so a big thank you to all who completed the Members' Survey. The results of this year's survey will be shared via email shortly, however, if you didn't take part but would still like to share your feedback, please don't hesitate to contact us at feedback@lensbury.com.

Claire Llewelin-Davis
Managing Director



A London Winter Wonderland

We've been looking for the best things to see and do close to your Club this festive season.



Christmas at Kew

13th November – 5th January

One of the highlights in the UK's calendar and an often-overlooked gem, Christmas at Kew is a truly unmissable opportunity. Enjoy the world-famous botanical world in a new light, as it twinkles with stunning light displays, and the cold air is filled with seasonal sounds.



Teddington Lights

28th November

A familiar spectacle returns to TW this winter, with the yearly Teddington Lights set to be another enjoyable evening for the entire family. Get ready for an unforgettable evening, as the street comes to life with twinkling lights, delicious food, and a great range of entertainment for the entire family.



Hampton Court Palace Ice Rink

22nd November – 5th January

During the winter months, Hampton Court lays on a whole host of festive activities to bring the palace to life. Enjoy the palace festive fayre at the beginning of December with handmade gifts in a unique setting. If you're looking for something a little more active, be sure to visit their dazzling ice rink with the palace as a stunning backdrop.

Richmond and Wimbledon Theatres

Those looking for a slice of light entertainment are spoilt for choice within the local area. With Richmond Theatre and the Wimbledon Theatre close by, you can find both serious productions and pantomimes which are perfect for all ages.



Scan the QR to see our top winter suggestions



Hot Off the Press

While feedback from our Members is always our number one focus, it's nevertheless pleasing when journalists and reviewers choose to write about The Lensbury, especially when they say good things! In recent months a range of mainstream, specialist and industry publications have given very positive reports covering all areas of The Lensbury experience.

GQ: The best hotels in the UK and Ireland to stay in this year.

At the beginning of 2024, GQ compiled their 'best hotels to stay in', describing The Lensbury as...

"The country retreat that you barely need to leave the city for."



Scan to read more



Crave Magazine: The Lensbury: The Perfect Mix of Luxury and Leisure.

Words from Joanne Brook-Smith of Crave Magazine, during her stay at The Lensbury...

"Filling your stay with activities is not the problem at The Lensbury, but trying to fit it all in might be!"



Scan to read more



Mumsnet: The Lensbury Resort Teddington review: a riverside retreat with easy access to London

The UK's biggest network for parents, Mumsnet described The Lensbury as...

"A family-friendly retreat on the banks of the Thames, home to swimming pools, tennis courts, a playground and a soft play area - all within easy reach of London."



Scan to read more

Hospitality Meets Podcast: From the trenches to the tennis courts – Claire Llewelin-Davis, Managing Director at The Lensbury

Hospitality Meets Podcast sat down with Claire, to discuss her journey to The Lensbury, and vision for the resorts' future.

"The Members here are the bedrock of The Lensbury. They're absolutely core to everything that we do."



Scan to listen



Mail Online: From the All Blacks to the Lionesses, The Lensbury Resort in London has played host to some of sport's greatest institutions...

A feature on The Lensbury as a popular venue for world class sports teams. The Mail on Sunday highlighted our sporting heritage with nods to icons associated with the club.

"All it takes is a stroll around the resort and you can see the rich sporting heritage with mementos from teams that have called this place home before and framed tennis racquets from the likes of John McEnroe, Steffi Graf and Boris Becker - all of whom have stayed on site and practised on the 24 tennis courts."



Scan to read more



Daily Express: 'I visited the riverside hotel resort where Lionesses and Olympians trained'

Daily Express' Health Editor, and watersports enthusiast Hanna Geissler took to the Thames during her stay.

"Those more at home on the water can practically roll out of bed and onto the Thames at the watersports centre, which offers a variety of sessions and craft including sculling boats, kayaks, canoes and sailing dinghies."



Scan to read more

Teddington Nub News: The Lensbury's £1.2m investment sees elite athletes attend the launch of a new lounge.

To mark the launch of The Dunbar Members' Lounge in May, we welcomed community news site Teddington Nub News to the launch event.

"The [Dunbar's] design has taken inspiration from the stunning location, gardens and grounds, the elite sports teams that use The Lensbury and the rich heritage that surrounds The Club."



Scan to read more



THE LENSBURY

CHRISTMAS AT THE LENSBURY

CHRISTMAS DAY GALA LUNCH BUFFET

WEDNESDAY 25TH DECEMBER ♦ 12:30PM – 2:30PM

£115.00
PER PERSON (INC VAT)

Relax and enjoy our sumptuous, fabulous three-course buffet, accompanied by live music, all set within the festive ambience of the restaurant.



SCAN QR CODE TO BOOK



THE LENSBURY

NEW YEAR'S EVE AT THE LENSBURY 1920s THEMED NEW YEAR'S EVE PARTY

TUESDAY 31ST DECEMBER ♦ 7:30PM – 1:00AM

£125.00
PER ADULT (INC VAT)

Wave goodbye to 2024 in style with the glitz and glamour of our 1920s-themed New Year's Eve party! A swing band, five course menu and midnight count down will make this a night to remember.



SCAN QR CODE
TO BOOK



WINTER Wellness

Staying active during the colder months is essential for both physical and mental health. Here are some ways you can keep in shape with us this winter.



Embrace the Outdoors

Don't let the cold stop you! Our south-west London location is perfect for scenic runs, walks and even hikes. It's a great way to get outdoors (as long as you bring the right

clothing and equipment). Invest in layers, a warm hat, gloves, and waterproof shoes. Cold weather exercise can burn more calories as your body works harder to regulate its temperature – so what are you waiting for?

Try Indoor Workouts

If the idea of braving the cold isn't appealing, there are plenty of workouts to try without stepping out of your front door. From yoga and Pilates to strength training and cardio, you can use minimal equipment at home. Our online workout videos via The Lensbury App (under *Make a Booking > On Demand Classes*) can guide you through routines that help maintain muscle tone, flexibility and stamina.



Set Goals and Stay Consistent

Setting fitness goals can keep you motivated. Whether it's hitting a target number of workouts per week or increasing your reps, having something to aim for will help maintain consistency. Keep a journal to track your progress and celebrate small victories along the way.

Join a Class

The Lensbury offers an extensive variety of group fitness classes, from spin, Reformer Pilates, BodyBalance, yoga and more. Joining a class adds structure to your routine and creates a sense of accountability. Plus, the social aspect of group exercise can be a big motivator!



Try Swimming

Our heated indoor pool is a fantastic option during the colder months. Swimming is a low-impact exercise that builds cardiovascular strength, tones muscles and helps improve flexibility. The Lensbury's pool offers lap timings and water aerobics classes to keep you active all winter long.

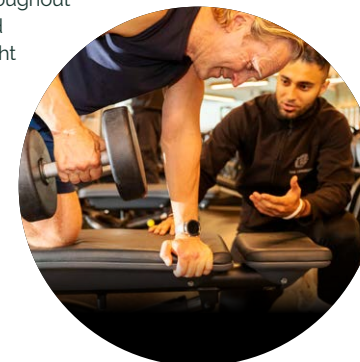
Take the Stairs

A simple yet effective way is to build activity into your day whenever you can. Whether you're at work, shopping, or out and about, walking rather than driving and opting for stairs over lifts, can add a burst of cardio to your day, strengthening your legs and core.



Stay Active Indoors

When it's warm and cosy inside, it's easy to become sedentary. Combat this by moving throughout the day. Stand up and stretch, do bodyweight exercises like squats or push-ups during



TV commercials, or have a mini dance party in your living room. Keep your body in motion to boost energy and circulation.

Eat for Energy

The colder months often come with cravings for heavier comfort foods. While it's okay to indulge occasionally, focus on eating a balanced diet that includes lean proteins, healthy fats and plenty of fruits and vegetables. Staying properly fuelled with good nutrition will give you the energy you need to power through workouts and prevent winter weight gain.



The Dunbar Members' Lounge provides a range of healthy breakfast pots, sandwiches and the freshest of smoothies. From granola pots, berry smoothies, mezze salads and more – your lounge is the place to fuel up pre or post-workout.



Lazy Girl Workout

Lensbury's Fitness and Studio Manager, Leon Williams was recently asked to share his insight into the 'Lazy Girl Workout' for *Marie Claire Magazine*.

"As a reaction to the highly intense, grind culture of fitness, the 'lazy girl' workout provides a contrast, focusing on ease and sustainability," says Leon Williams, fitness and studio manager at The Lensbury. "This approach makes staying active easier, and has legitimate benefits, too."

In short, the benefits include:

- It's low commitment, with short, manageable sessions.
- It's suitable for all fitness levels, so it's ultra-inclusive and accessible.
- The focus on wellness without intense goals promotes body positivity.
- It's convenient - you can quite literally do the moves almost anywhere, with no specialist equipment needed.
- It helps keep us consistent: the short, achievable routines are easy to stick to, helping to build consistent routines.

It's great stress relief, as opposed to cortisol-heavy HIIT or cardio sessions.

Why not try it for yourself. Here are just a few ways you can incorporate the Lazy Girl Workout into your daily routine:

Low-Intensity Exercises: Moves like leg lifts, seated twists, glute bridges, and standing calf raises are popular. These target core and lower-body muscles and can be done with just a mat.

Quick Routines: Typically, sessions are around 5 to 20 minutes, making it easy to incorporate into a daily schedule. Short circuits that combine moves are also common.

Low to No Equipment: Most exercises are bodyweight-based, but some might use light dumbbells, a resistance band, or even a chair.

Core & Lower Body Focus: Many of these routines emphasize core and glute activation for improved stability and posture.

Everyday Movement: Incorporating movement into daily activities (e.g., calf raises while brushing teeth, lunges while cooking) can be part of the routine.



TIDAL

Meet the Team

Discover some of the dedicated team at The Lensbury, the familiar faces who keep your Club thriving.



Claire Llewelin Davis, Managing Director

Claire leads The Lensbury team, steering the strategic vision for the club and resort. Guiding her leadership, Claire brings an abundance of experience in leisure club management gained over the last decade.

Malin Alderin, Activities Coordinator
Malin heads up the kids' camps and facilities. Ensuring your little ones are kept busy and entertained. Malin also helps oversee a range of term time activities, from tennis courses, swimming, football, and more!



Leon Williams, Fitness & Studio Manager
Leon keeps busy making sure our members get the most out of their fitness by offering a wide range of exercise classes, motivational fitness events, and bespoke personal training sessions.



Luke Fenton, Club General Manager

A local resident with a career built in clubs, Luke brings extensive experience to his role as Club General Manager. Luke's aim is to elevate the experience for every member at London's Riverside Resort.

Adam Liszka, Racquets Manager

Recently appointed as Racquets Manager, Adam oversees the tennis, squash and pickleball at The Lensbury. With a longstanding passion for tennis, Adam is excited to get as many Members as possible engaged with our programmes. See page 14 for more on Adam and racquets.



Peter Craig, Grounds and Gardens Manager

Peter and the incredible gardens and grounds team are the artists nurturing our beautiful 25 acres of green landscapes with passion and dedication.

Ros Garry, Member Events Manager

Ros has over 20 years' experience coordinating beautiful weddings and sell-out events at The Lensbury. Ros creates and manages events of all types ensuring they are fun, entertaining and memorable for all.



Adam Lestrelle, Head Chef

Head Chef Adam brings a wealth of experience to The Lensbury. A culinary creative, Adam's passion for providing an enriched dining experience for Members is infectious, reflected throughout his team in the kitchen.



Serving OUR MEMBERS

MEET Adam Liszka RACQUETS MANAGER



The Racquets Team are here to ensure all Members have the best experience on the court and can enjoy their tennis whilst continuing to improve their game. A big aim for Racquets is for Members to enjoy a real 'club atmosphere'. We want our Members to be at the heart of what we do, within a thriving atmosphere that is totally inclusive, and one that everyone can be involved in.

We have a very experienced and knowledgeable coaching team that run our term-time coaching programme, both for adults and juniors. This has continued to thrive, giving Members opportunities to get involved in coaching groups regardless of what standard they play to.

We are introducing Members' Coaching Clinics in the coming months, a way for players to improve each aspect of their game.

We also hope to get more Members playing Squash and Pickleball and will be finding ways to achieve this. **Watch this space!**

We already have many teams in the LTA Leagues and we would like to make the communication and transition between these easier and smoother, creating more opportunities for everyone to get involved if they would like to.

ABOUT ADAM

Competing at a national level, Adam has over 17 years of coaching experience, specialising in working with high performance juniors. He has coached players to achieve world rankings, as well as extensive experience developing players of all ages.

Adam is a Level 4 LTA Senior Performance Coach and holds a BSc in Sport Science from the University of Southampton.



WE CAN'T WAIT TO SEE YOU
ON THE COURTS SOON!



A SPORTING HERITAGE

Bjorn borg photographed at The Lensbury alongside Vitas Gerulaitis, 1976.

RACQUETS at The Lensbury



Social Tennis Club

Can you rally, serve and score? Join us for doubles at our weekly tennis social club sessions run by our experienced coaches. It is the perfect opportunity to meet other members and practice your skills in an organised social match setting. **Sessions are free and there is no need to book – simply show up and enjoy!**

Social Tennis Schedule

Tuesdays: 6.30pm-8.30pm

Wednesdays: 10.30am-12.30pm

Fridays: 9.30am-10.30am

Sundays: 10.30am-12.30pm

Adult Group Coaching

We have a number of adult group coaching sessions that run throughout the week. These are designed to accommodate players of all abilities, from beginner to the more advanced. Play with other Members of similar abilities and improve your game with the guidance of our experienced coaches.

Junior Group Coaching

The Lensbury is keen to develop tennis players from a young age. Our junior group coaching sessions are great fun for children ages 2 ½ upwards, with a range of different courses and activities dependent on age group.

Our coaches not only teach the tactical side of tennis, but also help to teach life skills through the sport. Our juniors learn to socialise and respect each other in a fun and structured environment. All our professional coaches are LTA licence, CRB and first aid qualified.

KIDS' Activities

COME
& JOIN
THE
FUN!

Lensbury Light Up

22nd November

Starting the festive season at The Lensbury. The big switch on of our Christmas lights.

Gingerbread Making Extravaganza

5+

Join us for gingerbread making fun. Get creative and get baking! A fully-packed programme to keep your little ones entertained, making treats to enjoy.

Christmas Crafts

4th, 11th & 18th December • 4:30pm – 6pm
Rock Hall Room

Come along to make some festive crafts with other activities.

Kids' Club

16 December - 6 January • 9am - 5pm • 5+

Keep active during the school holidays with fun weeks of Kids' Club. Enjoy a variety of craft, indoor and outdoor games, as well as a swimming session.

New Year's Junior Disco Party

30th December • 6pm - 8pm • 5+

A party to mark the end of 2024 with music, games and a craft station to make your own party hat. A full, fun-packed New Year's Party.

GIVE THE GIFT OF ELEMIS this Christmas

Members can enjoy exclusive savings on a wide range of luxurious Elemis products available to purchase from the Spa. Perfect for any occasion - including treating yourself - and sure to be popular for the festive season.

Treat your loved ones to the ultimate indulgence with savings on Elemis' most popular products. From the Ultimate Pro-Collagen Classics, The Relaxing Body Collection and more.



SCAN
TO VIEW
PRICE LIST

Enjoy a 20%
discount on spa
treatments as a
Club Member

Members of The Lensbury Club can enjoy a 20% discount on treatments, just quote your membership number at the time of booking and indulge in your favourite therapies in our relaxing treatment rooms.



Charity of the Year Shooting Star Children's Hospices

Chosen by you, our Members, Shooting Star Children's Hospices was voted our Charity of the Year for 2024, reflecting our commitment to supporting the local community and causes close to our Members' hearts.

Throughout the year, both Lensbury staff and Members have participated in a series of engaging and enjoyable charity events, raising crucial funds for Shooting Star Children's Hospices. From braving stormy weather to complete the 12-mile paddle challenge on the Thames to walking over 19 miles through London, it's clear that everyone involved has made a tremendous effort this year.

We would like to say a huge thank you to everyone who has participated, donated, and supported The Lensbury in our charity initiatives this year.



Shooting Star Children's Hospices support families who have a baby, child or young person with a life-limiting condition, or who have been bereaved, across Surrey, south-west London and north-west London.

Whether measured in days, weeks, months, or years, every moment matters. From diagnosis to end-of-life care and bereavement support, they make a difference.



Charity of the Year EVENTS

From hosting insightful talks to reaching the final of the Kingston Dragon Boat Race – it's been a pleasure running fundraising events for Shooting Star Children's Hospices throughout the year.

If you would like to support, our fundraiser is still open for donations to support this vital cause.



12-MILE PADDLE CHALLENGE 5TH SEPTEMBER

September kicked off with the 12-mile paddle challenge. Where a team comprised of Lensbury staff and Members battled through torrential downpours, strong gales and everything in between, to conquer the journey from Walton-on-Thames to The Lensbury by canoe.

With over £1,600 raised for this event alone, it was a fantastic effort from all involved.



19-MILE CHARITY WALK 21ST MAY

Back in May, Lensbury staff and Members embarked on a mammoth 19-mile charity walk in less than favourable conditions.

The route began at The Lensbury, before passing through Richmond Park, Kew, Bushy Park and more!

GARDEN TIPS AND TRICKS TALK 24TH OCTOBER

October saw Lensbury Member Zoe Claymore host a 'Garden Tips & Tricks' talk, with all proceeds of the event going to Shooting Star Children's Hospices.



An award-winning garden and landscape designer, Zoe shared her specialist knowledge with fellow Members on how to transform your garden into a beautiful, meaningful and usable space to enjoy life in.

KINGSTON DRAGON BOAT CHALLENGE 21ST JULY

Pictured here are your 2024 Kingston Dragon Boat Challenge finalists!

It was amazing effort in the summer from our Lensbury Lionesses and Alphas, who both reached the final of this year's Kingston Dragon Boat Race.



'Tis the season to glow!

How to protect your skin this winter

The change in the season can be tough on your skin. Using the right products can help keep your complexion healthy and glowing instead of feeling dry and dull.

Tip 1:

Hydrate, Hydrate, Hydrate

Use a daily moisturizer to help combat dryness and maintain skin elasticity. We'd recommend the ELEMIS Pro-Collagen Marine Cream as it's packed with marine extracts and is known for its anti-aging benefits. Another approach to hydration is to use an infusion mask. The ELEMIS Aqua Infusion Mask has a triple level approach to hydration (2 red algae helps reduce water loss, aqua shuttle technology to keep skin hydrated through the day and 3 potent algae with orange African bulbine to increase firmness and elasticity).

Tip 2:

Gently Cleanse

Cleansing balms remove makeup and impurities while hydrating the skin. It's perfect for keeping your skin soft and supple in the winter months. The balm melts into a luxurious oil when gently massaged into the skin, before transforming into a hydrating milk on contact with water. The unique formula effortlessly removes long-wear makeup, daily grime and surface pollutants, and deep cleanses and softens as a facial mask. Cleansing oils soften and nourish the skin while easily lifting away daily impurities. The ELEMIS Nourishing Omega Rich Cleansing



Oil is formulated with vitamin-rich Pomegranate and a precious blend of over 90% natural oils, including Winter Rose and Chia Seed Oils, the pH-balancing formula supports the moisture barrier while leaving skin looking healthy, radiant and deeply clean.

Tip 3:

Exfoliate Wisely

Exfoliating is essential for healthy skin as it removes dead cells, unclogs pores, and promotes skin renewal. This helps prevent breakouts, smooths skin texture, and improves the absorption of skincare products. Regular exfoliation also brightens the complexion and evens skin tone by fading dark spots. However, it's important to exfoliate gently to avoid irritation and damage.

Tip 4:

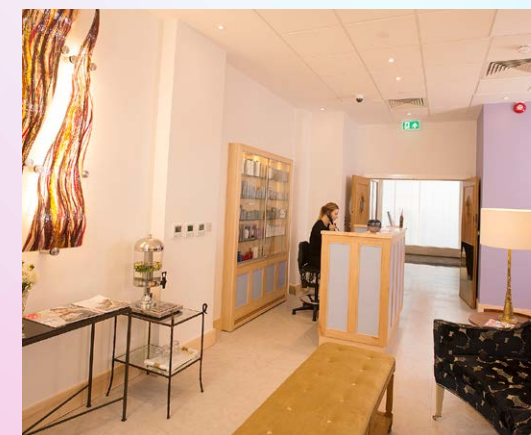
Add a Serum

Using a serum helps lock in moisture while also brightening, firming, and reducing the appearance of fine lines. Packed with concentrated active ingredients, serums improve skin elasticity, even out tone, and give a more youthful, radiant look.

Tip 5:

Protect Your Skin

It may be cold throughout winter, however UVA can still penetrate through clouds so it's important to always wear your SPF. Wearing sunscreen daily not only protects against sun damage but also helps maintain a healthy, youthful complexion by shielding your skin from these harmful rays, regardless of the weather. Incorporating SPF into your routine is essential for long-term skin health.



Help us help you look your very best *this festive season!*

Enhance your glow with a pre-festive Facial: Treat yourself to a rejuvenating facial at The Lensbury Spa, where expert therapists will leave your skin feeling refreshed and radiant. Alternatively, indulge in some self-care at home by applying a nourishing and hydrating mask, giving your skin a boost!



Scan the QR Code to view our treatments



Winter Warmers

In recent months our team have been busy behind the scenes crafting our new seasonal dishes, which we hope will become firm favourites. Throughout the year our chefs have been listening to member feedback to guide the development process. Our ambition for the new menu is to not only meet, but exceed, your expectations.



A key aim has been to offer even more vegetarian and vegan options, ensuring there's something for everyone across the Club. For those seeking a lighter bite or a variety to sample, we've added more small-plate items. Whether you prefer the rich Chicken Makhani Curry, Venison Casserole, or classics like slow-cooked short ribs, sausage and mash or fish and chips, there's a wide range of dishes to choose from.

Our popular shawarmas are here to stay, featuring a tender braised shoulder of lamb or vibrant spiced pumpkin and cauliflower, catering to both meat lovers and plant-based diners. Lighter options - including a selection of fresh salads - are packed with flavour.

For dessert, indulge in our Pastry Chef Antonio's decadent chocolate fondant, an apple crumble tart with custard, or our signature homemade honeycomb dipped in Belgian chocolate, served with mascarpone.

Whatever you're in the mood for, our seasonal menu is sure to have something to tempt you.



CHEF'S SPECIAL

Blueberry Pancakes with Honey & Thyme

Makes 8 - 10

- 200g plain flour
- 2 tsp baking powder
- 40g golden caster sugar
- Pinch of sea salt
- 2 Free range eggs
- Leaves from 5 sprigs of thyme
- 125ml whole milk
- 1tsp runny Lensbury honey
- 2 handfuls of blueberries
- 50g unsalted butter

1. To make the batter, place the flour into a large mixing bowl with the baking powder, sugar and salt. Crack in the whole eggs and add the milk. Use a fork or whisk to combine the batter fully. It should be nice and thick. Add the blueberries, honey and thyme.

2. Melt a little of the butter in a large non-stick frying pan over medium to high heat. Ensure to coat the whole pan with butter by lifting and tilting the butter around.

3. Then, one by one, add 3-4 individual generous tablespoons of batter to the pan.

4. Cook the pancakes for 1-2 minutes, until the undersides are golden, then use a spatula to flip each pancake over and cook the other side for 1-2 minutes until golden again.

5. Remove the cooked pancakes to a plate or board whilst you repeat with the remaining batter. Serve the pancakes warm, be indulgent and add some cream, crème fraiche or even ice cream and plenty more of our Lensbury honey.



Cocktail

RECIPE

SPICED MAI THAI

Bring back memories of summer and indulge in a tropical escape with our spiced Mai Tai. This is a bold and exotic twist on a classic favourite from our friends at Incognito Cocktails.



Crafted with a tantalising blend of Spiced Rum and Golden Rum, this indulgent drink offers a rich, layered flavour that's perfectly balanced.

Freshly squeezed lime juice adds a zesty burst of brightness, while Monin Orgeat lends a hint of almond sweetness. A splash of Triple Sec ties everything together with a subtle citrus kick.

Sip and savour the vibrant, spiced flavours of sun-kissed paradise in every glass!

INGREDIENTS

- 30ml Incognito Spiced Rum
- 20ml Incognito Golden Rum
- 25ml Fresh lime juice
- 15ml Monin orgeat
- 15ml Triple sec



DIRECTIONS

Add all ingredients to a cocktail shaker
Add cubed ice

Shake for 10-12 seconds

Single strain into a rocks glass over crushed ice

Garnish with lime wedge and or pineapple and or cherry

LENSBURY X CHILLYS

Take a little bit of The Lensbury with you wherever you go... Keep your drinks at the perfect temperature while reducing waste with our new, Lensbury branded reusable coffee cups and water bottles. **Available to buy now.**



TIDAL

THE LENSBURY MEMBERS' MAGAZINE

DISCOVER OUR DIGITAL MAGAZINE
BY SCANNING THE QR CODE

