



THE MAY FAIR

Detox in Style this January at the May Fair Bar

LONDON, 20th JANUARY 2016. The post-Christmas detox doesn't have to be tedious – why not detox in style in the elegant surroundings of the May Fair Bar? After a hedonistic December, the May Fair Bar is offering a range of different healthy options to help kick those New Year resolutions into action.

THE BREAKFAST EDIT

Proving even a virtuous breakfast can be delicious, the May Fair Bar's new range of juices and smoothies feature nourishing ingredients to enrich both body and mind. Freshly made to order, each juice contains a hand selected blend of fresh market fruit and vegetables.

Highlights include the cleansing Avocado and Ginger Smoothie with raspberries and apple juice, the May Fair Reviver with coconut water, pineapple juice, lime and mint, and the delicious Banana Blueberry Smoothie with natural yoghurt, agave syrup and cinnamon.

The breakfast menu also includes a range of alternative healthy options including Fresh season berries with Greek yoghurt and manuka honey or the Arnold Bennett Omelette with smoked haddock and parsley.

TIME TO RETOX

For those who still want to make the most of the winter party scene, the May Fair Bar's evening Retox cocktails offer the perfect excuse to prolong the celebrations.

From unique pairings of basil and coconut water in the Basiltini, served with a generous dash of Grey Goose Pear, to delicate notes of green tea and bergamot in the Earl of May Fair, the January cocktail menu has plenty on offer to tickle any taste buds.

For those partaking in dry January we will be extending the juice menu into the evening, as well as an extensive range of sophisticated non-alcoholic cocktails to choose from.

For more information on the May Fair Bar visit <http://www.themayfairhotel.co.uk/bars>

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About The May Fair Hotel, London

The luxury [May Fair Hotel](#) is located in the heart of London's most stylish district, owned and operated by [Edwardian Group London](#). The hotel, which was opened by King George V in 1927, boasts over 400 luxury bedrooms, including 40 suites; set alongside the relaxing [May Fair Spa](#); the smart meat and seafood restaurant, [May Fair Kitchen](#); a 201-seat private screening room, [The May Fair Theatre](#) and the exclusive [Palm Beach Casino](#). The residence encapsulates its Mayfair locality throughout, with the iconic [Cigar Room](#); [The May Fair Bar](#), home of the May Fair Mojito; the breathtaking Crystal Room; and the decadent Danziger Suite.

The May Fair Hotel has an established partnership as the official hotel partner for both London Fashion Week and the BFI London Film Festival. For more information, visit our main hotel website at www.themayfairhotel.co.uk, and www.themayfairsuites.com to explore the suites collection.

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About Edwardian Hotels London

Edwardian Hotels London is one of the UK's largest, privately-owned companies which has been developing luxury hotel and hospitality Brands since Jasminder Singh OBE began his career within the hospitality industry in 1975 – forming the beginnings of what would subsequently become Edwardian Hotels. Today Edwardian Hotels London operates Radisson Blu Edwardian hotels, The May Fair Hotel London and a fast-growing range of distinctive restaurant, bar and spa brands. The group owns and runs restaurant concepts including the iconic [May Fair Kitchen](#); contemporary [Steak and Lobster](#) and classically British [Scoff and Banter](#).

Edwardian Hotels London is a trusted partner of Carlson Companies Inc.

For more information visit our website at www.edwardian.com