



# BALANCE

BY CHAMPNEYS

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## BREAKFAST

SERVED UNTIL 11AM

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### INSPIRED BY A TRUE ORIGINAL

For more than 100 years, Champneys has believed in balanced living through nourishment, movement and restoration.

Our breakfast menu celebrates thoughtfully prepared morning dishes, designed to nourish, and restore.

If you have any allergies, intolerances or dietary requirements, please speak to a member of our team before ordering.

We proudly serve seafood certified by MSC and, where applicable, ASC/BAP, sourced from responsibly managed fisheries and farms that help protect ocean health.

A discretionary 5% service charge applies to all food and beverage items. Please speak to our team to confirm your package inclusions.

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## MORNING COMFORTS

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<b>Cold Breakfast Buffet</b> Served in the restaurant, includes tea & coffee	10.00
<b>Poached or Scrambled Eggs</b> Served on grilled sourdough, English muffin or gluten-free toast <b>v</b>	6.50
<b>Fluffy Pancakes</b> With Greek yoghurt, granola, fresh berries & maple syrup <b>v</b>	7.50

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## BALANCE STARTS

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<b>Poached Eggs &amp; Avocado</b> Avocado flavoured with lime and chili, sliced tomato on grilled sourdough <b>v</b>	9.50
<b>Crushed Avocado on Grilled Sourdough</b> Avocado flavoured with lime and chili, sliced tomato, vegan feta, pumpkin seeds <b>VG</b>	8.50
<b>Smoked Salmon &amp; Scrambled Eggs</b> Served with grilled sourdough or rye bread	11.50
<b>Shakshuka</b> Eggs gently poached in a rich, simmering sauce of tomatoes, olive oil, peppers, onions, and garlic with butter beans <b>v</b>	8.50

**v** Vegetarian      **VG** Vegan

Gluten-free options available on request



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