



BALANCE

BY CHAMPNEYS

BREAKFAST

SERVED UNTIL 11.30AM

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.

MORNING COMFORTS

- Poached or Scrambled Eggs** 6.50
Served on grilled sourdough, English muffin or gluten-free toast **v**
- Pancakes** 7.50
With maple syrup and fresh berries **v**

BALANCED STARTS

- Crushed Avocado on Grilled Sourdough** 9.50
With sliced tomato, lime & chilli, and two poached eggs **v**
- Crushed Avocado on Toast** 8.50
With vegan feta, sliced tomato, lime & chill **VG**
- Smoked Salmon & Scrambled Eggs** 11.50
Served with toasted cornbread
- Shakshuka** 8.50
Served with sourdough crostini

v Vegetarian **VG** Vegan

Gluten-free options available on request