

ENGLISH £34

Homemade bakery and pastry basket
Croissant, pain au chocolat, brioche, muffin, raisin roll and bread

Assorted jams, butter and honey

Fresh juice

Your choice of eggs served with toast and garnishes:

Back or streaky bacon, tomato and mushroom

Plain or fruit yogurt

Gourmet muesli

Tea, coffee

CONTINENTAL £26

Homemade bakery and pastry basket
Croissant, pain au chocolat, brioche, muffin, raisin roll and bread

Assorted jams, butter and honey

Plain or fruit yogurt

Fresh juice

Tea, coffee

HEALTHY BY WORKSHOP £32

Sugar free smoothie - Green with envy
Avocado, spinach leaves, celery stick and parsley leaves

Your choice of eggs served with garnishes:

Smoked salmon, avocado and spinach

Gluten free rice and sunflower bread

Gluten free oats and quinoa granola

Dairy, gluten and lactose free coconut milk yogurt

Silver Needles tea or White tea & grapefruit

GARNISHES (extra garnish) £4

Back or streaky bacon, ham, chicken sausage, gluten free pork sausage, smoked salmon, cheese, mushrooms, tomatoes, avocado, sautéed potatoes

BAKERY & PASTRY BASKET £10

Croissant, pain au chocolat, brioche, muffin, raisin roll and bread

Served with butter, assorted jams, honey or homemade chocolate spread

Gluten free rice and sunflower bread £3

Gluten free bread, rye bread £3

EGGS

Your choice of eggs with three garnishes £14

Benedict with ham or smoked salmon £16

Florentine £15

Cassolette: baked eggs, roasted tomato, green peppers £15

Poached eggs, avocado, gluten free rice and sunflower bread £14

CLASSICS

Pancakes with maple syrup or chocolate sauce £15

Crêpes with maple syrup or chocolate sauce £15

Belgian waffles with maple syrup or chocolate sauce £15

French toast, maple syrup £15

CHEESE

Cheese selection *Comté, Reblochon, Stilton. Sainte-Maure* £12

FRUITS

Fruit salad £12

Assorted fruit plate £13

YOGURTS

Plain or fruit yogurt £6

Non-fat yogurt £6

Dairy, gluten and lactose free coconut milk yogurt £6

Greek yogurt £6

ORGANIC CEREALS £7

Gourmet muesli, Gluten free muesli

Chocolate corn flakes, Corn flakes sugar free

Oat flakes, Porridge

Choice of garnish: berries, banana or fresh fruit £3

ORGANIC GRANOLA £8

Gluten free oats and quinoa granola

HOT BEVERAGES

French press £5

Espresso £5

Macchiato £5

Double espresso £6

Cappuccino £6

Latte £6

Tea £6

Bulgari 1884 Royal English, Bulgari Earl Grey, Darjeeling 1st Flush, Lapsang Souchong Imperial, Dragon Well, Green with Citrus & Ginkgo, Decaffeinated Ceylon, Rooibos, Peppermint Rubbed

Homemade hot chocolate £7

from Alain Ducasse Manufacture in Paris

JUICES £7

Orange, Grapefruit, Apple, Pineapple

Carrot, Tomato

SMOOTHIES £10

Fresh mango, orange juice and passion fruit

Green with envy £9

Avocado, spinach leaves, celery stick and parsley leaves

Exotic enclave £9

Agave extract, lime juice, coconut water, cucumber rolls and mint leaves

Natural attraction £9

Aloe vera, mango juice, lemon juice and eucalyptus

WORKSHOP SHAKE £16

Recommended by the team at Workshop, our resident gymnasium

Alkaliner

Paleo Greens, coconut water, mint and spinach