

A la Carte:

Two Free Range Eggs Any Style

Fried, poached, scrambled, boiled and the choice of two sides;
our own smoked bacon, Cumberland pork sausage, field mushroom, grilled tomato, hash browns or black pudding
(P)(3)(6)
£18

Three Egg Omelette With Your Choice Of Ingredients:

Chilli, cheddar cheese, Wiltshire ham, spring onions, mushroom, goats cheese, spinach, soft herbs, potato, turkey, chorizo or natural smoked haddock
(P)(3)(6)(9)
£14

Eggs Benedict (P), Royale (7) or Florentine (V)

English muffin, poached free range eggs, hollandaise sauce and then your choice of either Wiltshire ham, smoked salmon or spinach
(A)(P)(3)(6)(9)(13)
£18

Scrambled Egg and Smoked Salmon

Foreman & Son smoked salmon and scrambled egg on sour dough toast
(3)(6)(7)(9)
£15

Milk Poached Smoked Haddock

Served with poached eggs, spinach, cherry tomatoes, Hollandaise sauce
(6)(7)(9)
£15

Buttermilk Waffles or Pancakes

Served with a choice of our berry compote, maple syrup, chocolate or whipped cream
(3)(6)(9)
£15

French Toast

Served with our berry compote
Add our own smoked bacon for an additional £2 (P)
(3)(6)(9)
£15

House Made Granola

Served with fresh berries and Greek yoghurt
(1)(2)(3)(9)
£8

Porridge

Made with the choice of water, soya, skimmed, semi-skimmed or full fat milk.
Served with berry compote and mixed seeds
(1)(9)
£8

Berries and Seasonal Fruit Plate

£8

Find Your Shangri-La Wellness Menu



Dairy-free Chia Seed Pudding

Blueberries, strawberries, almond milk and chia seeds
Additional toppings: pistachio and/or chopped dates
A low sugar, dairy free, fruity, nutty pudding
Energy: 171 kcal, 5.6g protein, 9.2g carbohydrate and 10.1g fat
(V)(2)
£13



Gluten-free Porridge

Natural rolled oat porridge with your choice of milk
Additional toppings: berry compote and/or mixed seeds
A warm healthy breakfast, also available dairy-free
Energy: 314 kcal, 9.9g protein, 44g carbohydrate and 9.9g fat
(V)(1)
£12



Dairy-free Bircher Muesli

Gluten-free rolled oats, banana, sunflower seeds, almond milk, pumpkin seeds, chia seeds, cacao nibs
A cold fruity, dairy-free dish served with Manuka honey on the side
Energy: 274 kcal, 8.3g protein, 32.3g carbohydrate and 10.5g fat
(V)
£11



Smashed Avocado and Poached Eggs

Free range organic eggs, smashed avocado, lime, coriander, Sriracha sauce and pumpernickel
A healthy breakfast packed with protein
Energy: 368 kcal, 18.1g protein, 13.4g carbohydrate and 25.6g fat
(V)(6)
£16

Smoothies and Snacks



Super Green Smoothie

Spinach, kale, cucumber, mint, avocado
An energy boosting pure vegetable smoothie
Energy: 113 kcal, 5.2g protein, 6.3g carbohydrate and 6g fat
(V)
£7



High Power Smoothie

Mango, strawberries, banana, ginger, Greek yoghurt and almond milk, Gluten free granola
(Dairy-free option available)
A balanced fruit and yoghurt smoothie to help you power through your day
Energy: 325 kcal, 11.2g protein, 32.4g carbohydrate and 15g fat
(V)(9)
£7



Energy Balls £5

Hazelnuts, gluten-free oats, dried fruit, coconut, cocoa and matcha powder 100% raw and rich in anti-oxidants, the perfect healthy snack. Three per serving.
Energy: 92 Kcal, 2g protein, 10.2 carbohydrate and 4.2g fat.

Dairy/ Wheat Alternatives

A variety of alternative ingredients to suit your dietary requirements are available:

Almond milk,	Rice milk,	Almond butter,
Soya milk	Vegan spread	Peanut butter

Gluten-free breads with a choice of; White, Wholemeal and Granary



DAN ROBERTS
Live the athletic life

In partnership with the Dan Roberts Group

Ting Breakfast

The ultimate breakfast experience
Help yourself to the continental buffet, indulge in the choice of one hot dish and sides from the menu
All accompanied with tea, coffee and juice.
£34

Ting Continental Breakfast

Tea, coffee, juices, and a choice of cold options from our buffet.
£27

English Breakfast

Two free range eggs (fried, poached, scrambled or boiled), our own smoked bacon, Cumberland pork sausage, field mushroom, grilled tomato, hash brown, black pudding and baked beans
(P)(3)(10)(6)(9)(10)(11)
£22

Asian Breakfast

Congee, selection of dim sum, wok fried noodles
(P)(1)(2)(3)(4)(5)(6)(7)(8)(9)(12)
£16

Middle Eastern Breakfast

Fresh grilled pita bread with olive oil, baba ghanoush, labna, goat curd, olives, pickles, tomato and cucumber
(1)(3)(6)(9)(10)(11)(12)(13)
£18

Sides

Our own smoked bacon (P)(13)
Cumberland pork sausage, (P)(3)(9)(13)
Field mushroom, (V)
Grilled tomato, (V)
Hash brown, (V)(3)
Black pudding, (P)(3)(6)(9)(10)(13)
Baked beans (V)(13)
£5

Breakfast Cocktails

Classic Champagne Cocktail £15
Duval Leroy Premier Cru, H by Hine, Drambuie, orange zest, sugar cube

Bellini £13

Peach puree, Prosecco

Mimosa £15

Duval Leroy Premier Cru, orange juice

Bloody Mary £15

Ketel One vodka, tomato juice, lemon juice, Worcestershire sauce, Tabasco, celery salt, pinch of chilli freshly ground pepper

All prices are inclusive of 20% VAT.

A discretionary 12.5% service charge will be added to your bill.

The following dishes are suitable for: (V) Vegetarians. The following dishes contain: (P) Pork, (A) Alcohol, (1) Nuts, (2) Peanuts or products, (3) Gluten, (4) Crustaceans, (5) Molluscs, (6) Egg or products, (7) Fish or products, (8) Soybeans or products (9) Milk or products, (10) Celery or products, (11) Mustard or products, (12) Sesame seeds or products, (13) Sulphur dioxide or products, (14) Lupin.