

SHELDON SPA

BREAKFAST - BRUNCH

Oat Milk Porridge, Berries and Toasted Almonds.
(Milk, Nuts)
£8.00



Sheldon Granola, Berries with Coconut Yogurt.
(Sesame Seeds, Gluten)
£8.00



Warm Croissants with Homemade Jam.
(Milk, Gluten)
£8.00



Fresh Fruit Salad.
£8.00

Addition of Caramelised Nuts: £1.00



Hash Browns, Homemade Baked Beans, sliced Avocado, grilled
Portobello Mushroom.
(Sulphites)
£11.00



Gluten free Banana Pancakes, Coconut Yogurt, Berry Compote,
Caramelised Nuts and Maple Syrup.
(Eggs, Nuts)
£11.00



Smashed Avocado, Poached Egg on Toasted Sourdough Bread, with
Crispy Bacon or Chorizo.
(Eggs, Gluten)
£11.00



Smashed Avocado, Poached Egg, grilled Portobello Mushroom and Vine
Tomato on Toasted Sourdough Bread.
(Eggs, Gluten)
£13.00



Scrambled Egg with Chive on a Toasted Muffin with Smoked Salmon.
(Eggs, Gluten, Fish)
£14.00



Fresh Asparagus on Toasted Muffin with Poached Egg &
Hollandaise Sauce.
(Egg, Milk, Gluten)
£16.00

