

t R i B e Spa

SPA BRUNCH MENU

Please note that this menu changes daily, reflecting the fresh, local ingredients used and may look different upon your visit.

FROM THE ISLAND

Please help yourself to the below:

Fresh Juices | Infused Waters
Superfoods | Artisan Breads | Oils

Vinegars | Grains | Seeds

FROM THE KITCHEN

All items are cooked fresh to order, please be considerate of waiting times during busier periods:

KEDGEREE

Smoked Salmon | Curry Oil | Curry Infused Basmati | Poached Hens' Egg

THE LANELAY GRILL

Pork Sausage | Bacon | Miskin Eggs | Black Pudding | Field Mushroom | Tomato | Beans | Sourdough

THE VEGAN GRILL

'Facon' | Field Mushroom | Vine Tomato | Beans | Sourdough

EGGS BENEDICT

English Muffin | Hollandaise | Miskin Eggs | Roasted Ham

EGGS FLORENTINE

English Muffin | Hollandaise | Miskin Eggs | Spinach

EGGS ROYALE

English Muffin | Hollandaise | Miskin Eggs | Severn & Wye Smoked Salmon

SAUTÉED MUSHROOMS & SPINACH

Chestnut Mushrooms | Spinach | Chive | Sourdough | Poached Hens' Egg

CHORIZO HASH

Chorizo | Sautéed Potatoes | Spinach | Wholegrain Mustard | Fried Hens' Eggs

Our food is lovingly prepared in house. If you have any food allergies please let a member of the team aware, who will be happy to help. A GM vegetable oil is used in the preparation and cooking of this menu.