

GILLIAN ADAMS

SALON & SPA

Breakfast Menu

Farm fresh Breakfast

Fried eggs, Grilled bacon, Slow roasted truss tomato, Baby spinach

Mushroom, Pork and Fennel Sausage, Hash brown

Fresh baked bread

Scrambled eggs on Rye

Smoked salmon, Goats' cheese

Baby spinach, Asparagus, Roasted truss tomato

Ricotta and Avocado

on Sesame bagel

Poached egg

Fig

Oatmeal Porridge

Spiced Apple

Vanilla Bean Yoghurt

Pomegranate

Bush Honey

All served with Juice and a selection of herbal tea or coffee made by our in-house barista.