

SOUND BATH BRUNCH MENU

Enjoy a virtuous Bodyism smoothie paired with a brunch dish of your choice

Devon crab shakshuka, fried egg & toast

Smashed avocado & jalapeño chillies, heritage tomatoes, poached egg & toast

Bread crumbed Icelandic cod burger & fries

Wright Brothers Hangtown fry, crispy fried oysters, jalapeño spiced hollandaise, poached egg, crispy pancetta & a grilled English muffin

Eggs Royale

Poached egg, hollandaise sauce, Wright Brothers London Cure smoked salmon & a grilled English muffin

SEAFOOD MERCHANT

WRIGHT BROS. LTD

OF BOROUGH LONDON

MORE ABOUT THE EVENT

The Sound Bath will take place in the River Room, overlooking the Thames at Battersea, and will be hosted by Mel from **Holistic Mind UK**. The class will last approximately 90 minutes, followed by a delicious brunch.

Please be aware that we do not recommend the Sound Bath if you:

- are within the first 3 months of pregnancy
- have a 'sound sensitive' condition such as tinnitus, meniere's or epilepsy
- have any metal implants, pins, screws, a pacemaker etc
- have a serious mental health condition

Please feel free to contact Mel should you have any questions or to reserve an eye mask: info@holisticminduk.com



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