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Yoga & Brunch

Sunday, 1st May
10am arrival for class, 11.30am brunch

Held on our sixth-floor terrace, the one-hour class run by FORM in Manchester, is suitable for all abilities and will be followed by brunch with a smoothie to sip on once you're done. That uplifting post-yoga feeling will be extended further and carried home with you in the form of a goodie bag containing ESPA and Perricone MD samples.

Your Ticket Includes:

One-hour yoga class | One brunch dish
A smoothie | Gift bag

£34

Per person



Places are limited so we recommend booking to reserve your spot by contacting reception now.

Brunch Menu

Crushed Avocado & Chilli (V)

Poached eggs / Feta / Pumpkin seeds / Sourdough toast
Add smoked salmon or bacon +£3.5

Eggs Benedict

Bacon / Croissant / Hollandaise / Poached egg

Eggs Royale

Smoked salmon / Hollandaise / Poached eggs / Croissant

Eggs Florentine (V)

Spinach / Hollandaise / Poached eggs / English muffin

Spicy Benedict

Chorizo / Avocado / English muffin / Spicy hollandaise / Poached eggs

French Toast

Bacon & maple syrup / Banana / Ice cream / Chocolate

Lobster & Crayfish Roll

Picked lobster & crayfish / Lemon aioli / Rosemary salted fries / Dressed salad
Supplement £6

Black Pudding & Smoked Applewood Cake

Spinach / Poached eggs / Grain hollandaise

Crab Cake

Spinach / Crayfish / Poached egg / Hollandaise

Smoothies & Shakes

Warrior

Kale / Apple / Apple crisps / Celery stick

Crescent Moon

Lemon / Turmeric / Mint leaves

Wild Thing

Strawberry / Banana / Pineapple stick

Shavasana

Mango / Caramelised peaches