

Healthy Lifestyle Menu

Summer Menu
Launching
1st August 2018

Starters

- ◆ Melon Balls With Fruits of Forest
- ◆ Warm Spicy Chicken Skewer With Mild Salsa
 - ◆ Watercress And Spinach Soup
- ◆ Prawn Cocktail—(Brown Bread Optional)

Mains

- ◆ Steak Au Poivre (Tarragon & Pepper Sauce) Served With Vine Tomatoes, Mushrooms, Red Onion, Jacket Potato And A Medley Of Vegetables (£4.00 Supplement)
- ◆ Mild Chicken & Vegetable Curry Served With Basmati Rice And Oven Dried Poppadom
 - ◆ Sweet And Sour Pork Served With Long Grain Rice
- ◆ Mediterranean Baked Trout Served With Vine Tomatoes, Roasted Red Onion & Fennel With Garlic New Potatoes

Desserts

- ◆ Banoffee Pie
- ◆ Passion Fruit & Lime Eton Mess
 - ◆ Tropical Fruit Salad

**Please Note As This Menu Has Been Carefully Balanced For Slimmer's, We Are

Available Wednesday - Saturday

All Food Is Cooked In FryLight™ Oil, Grilled Or Roasted Without Oil