

SPECIALS

HEALTHY LIVING SPECIALS



STARTERS

BABY BEETROOT, FETA AND BUTTERNUT SQUASH SALAD

with candied apple, toasted walnuts and a beetroot and
yoghurt dressing

5.00

*beetroot is an antioxidant, rich in iron and potassium, it may
also boost heart health and liver function - 190 calories*

CHARGRILLED SQUID SALAD

with a braised pearl barley, courgettes, heritage tomatoes
and a lemon and garlic dressing

5.50

*squid is not only a sustainable source of seafood, it's good
source of omega-3 fatty acids. the barley provides a high
fibre, slow energy release carbohydrate - 186 calories*



MAINS

TOM YUM CHICKEN NOODLE BOWL

delicately poached chicken with a vermicelli noodles,
pac choi, and chilli broth, served with an edamame and
coriander pesto

12.00

*made with rice noodles instead of wheat, this thai chicken
broth recipe is lighter in calories and contains only traces
of gluten. the ginger provides anti inflammatory and
cleansing properties - 558 calories*

PAN ROASTED COD LOIN

with smashed peas, pomegranate, quinoa and a confit
garlic and lemon sauce

13.50

*cod is an excellent source of protein, while being low on
calories. the confit garlic sauce is dairy free, meaning that
the dish is low in saturated fat. the quinoa contains amino
acids, enzymes, vitamins, minerals and fibre - 419 calories*

SATURDAY SPECIAL

WHOLE GRILLED LOBSTER

served with seasoned skinny fries, a mixed leaf salad
and garlic butter

35.00