

HEALTHY LIVING MENU

STARTERS

HOME CURED SALMON TARTARE AND QUAILS EGG

£6.95

with crème fraîche and red gazpacho

Rich in potassium, selenium, vitamin B12 and omega 3 fatty acids.

SEAFOOD

SEARED TUNA STEAK MARINATED IN BALSAMIC AND SOY

£18.95

with a fennel and orange salad and red gazpacho

Very low GI and high in selenium, vitamins B3, B12, B6 and very high in protein.

WHOLE SALT BAKED SEA BASS

£17.95

infused with lemon and Italian herbs

Very lean, rich in omega 3 & omega 6 fatty acids. Rich source of phosphorous, and a good source of magnesium and potassium.

MEAT

PAN FRIED CHICKEN BREAST

£13.75

with spiced lentils, 'nduja salami and tomato dressing.

High in protein, rich in phosphorous, selenium and Niacin.

CHARGRILLED FILLET 6OZ STEAK

£19.95

with garlic butter, roasted vine tomatoes and baked rosemary and garlic potatoes

Great source of protein and rich in zinc, iron and vitamin B12.

SIDES

FRENCH BEANS AND SHALLOTS

£3.25

Good source of vitamins C, K, manganese and fibre.

STEAMED SPINACH WITH SEA SALT

£3.75

Rich in magnesium, iron, vitamins C and K and manganese.

DESSERTS

LEMON SORBET

£3.95

Has 80 calories less compared to the 140/150 of the naughtier ice creams!

