



## Healthy Choice

Per portion (minimum 8 people)

### Free Range Chicken

Oven roasted chicken breast – marinade choice: teriyaki • Harrisa • lemon thyme & garlic • smoked paprika • jerk • cumin & chilli • coriander • cajun • tarragon <b>DF GF</b>	£7.50
Chargrilled chicken breast – marinade choice, as above <b>DF GF</b>	£7.50
Stuffed chicken breast with roast mushrooms & fresh herbs	
Chicken escalope – fried chicken coated with breadcrumbs & herbs	£7.50

### Fish

Cod – with black butter & caper sauce <b>GF</b>	£9.50
Black cod fillet – with miso sauce <b>DF</b>	£9.50
Pan-fried seabass – with salsa verde <b>DF GF</b>	£8.25
Baked mackerel – with tomato, red onion & coriander salsa <b>DF GF</b>	£8.25
Seared tuna steak – with fresh salsa <b>DF GF</b>	£10.50
Whole roast salmon side – with lemon, dill & thyme <b>DF GF</b> – please ask for details	
Salmon fillets – served with a choice of salsa verde • aioli • tomato salsa <b>DF GF</b>	£8.50
Pesto crusted salmon – with roast cherry tomatoes <b>DF GF</b>	£8.50
Teriyaki salmon fillet – marinated with soy, sugar, fennel & sesame oil <b>DF</b>	£8.50
Glazed salmon fillet – with lemon & dill <b>DF GF</b>	£8.50
Beetroot-cured salmon fillet – with wholegrain mustard & honey dressing <b>DF</b>	£8.95

### Veggie Fritters

Cauliflower, corriander & cummin fritters with lime yoghurt <b>v</b>	£6.50
Sweet potato, corn & spring onion fritter with a smokey tomato compote <b>v</b>	£6.50

### ♥ Hearty Salads

Coronation chicken – with apricots, sultanas & tumeric	£7.50
Tuna Niçiose – range eggs, new potatoes, kale, olives, mixed leaf	£8.50

### Classic Salads

Free range chicken Caesar salad – parmesan, croutons, baby gem & anchovy mayo	£4.95
New potato salad – peas, red onion, light mayo & mixed herbs	£3.50
Greek salad – tomatoes, cucumber, feta, black olives, red onion & peppers <b>GF</b>	£3.50

Please see page 14 for more salad options.

+ VAT



**Quiches** Serves 10-12 people 12 inch quiche

Salmon – asparagus & cherry tomatoes  
Classic Quiche Lorraine  
Leek, mushroom & bacon  
Mushroom, courgette, red onion, Grana Padano & mature cheddar cheese ✓  
Goat’s cheese & butternut squash – roasted vegetables ✓  
Broccoli, caramelised red onion & goat’s cheese ✓ All £40.00

**Tarts**

Smoked haddock, watercress, cherry tomatoes & ricotta  
Smoked pancetto, spinach & Gruyere cheese  
Roasted tomato & baby spinach with feta ✓  
Wild mushroom, tarragon & mascarpone ✓ All £35.00

**♥ Hearty Pies** Serves 12 people 12 inch pie

Short crust pastry, top & bottom  
Free range chicken & roast honey ham with wholegrain mustard £65  
Free range chicken & mushroom £65  
Free range chicken & asparagus £65  
British beef & stilton £65  
British beef & mushroom £65

**Pies** Serves 12 people

**Short Crust or Puff Pastry Topped Pies**

Free range chicken, tarragon & mushroom in a cream of white wine sauce £55  
Free range chicken & leek in a cream of white wine sauce £55  
Slow cooked steak pie & mushrooms £60  
Beef, onion & mushroom in a red wine sauce DF £60  
Salmon & smoked haddock in a creamy white wine sauce £60

**Veggie/Vegan Pie**

Harvest pie – cheese, potatoes, leeks & mushrooms ✓ DF £45

**Tortilla** – free range eggs, cheese, potatoes, peppers and red onions ✓ DF £35

**Food Allergies** – Please let us know upon placing your order. + VAT