



Healthy Choice

Per portion (minimum 8 portions)

Free Range Chicken

Oven roasted chicken breast – choice of marinade DF GF	£8.25
Chargrilled chicken breast – choice of marinade DF GF	£8.25
• teriyaki • Harrisa • lemon thyme & garlic • smoked paprika • jerk • cumin & chilli • coriander • cajun • tarragon	
Stuffed chicken breast – with roast mushrooms & fresh herbs	£8.25

Fish

Cod – with black butter & caper sauce GF	£10.50
Black cod fillet – with miso sauce DF	£10.50
Pan-fried seabass – with salsa verdé DF GF	£9.00
Baked mackerel – with tomato, red onion & coriander salsa DF GF	£9.00
Dressed poached whole salmon DF GF – <i>please ask for details</i>	
Salmon fillets – served with a choice of salsa DF GF	£10.50
• verde • aioli • tomato salsa	
Pesto crusted salmon – with roast cherry tomatoes DF GF	£10.50
Teriyaki salmon fillet – marinated with soy, sugar, fennel & sesame oil DF	£10.50
Glazed salmon fillet – with lemon & dill DF GF	£10.50
Beetroot-cured salmon fillet – with wholegrain mustard & honey dressing DF	£10.50

Veggie Fritters

Cauliflower, coriander & cumin fritters – with lime yoghurt v	£7.15
Sweet potato, corn & spring onion fritter – with a smokey tomato compote v	£7.15

♥ Hearty Salads

Coronation chicken – with apricots, sultanas & tumeric	£8.25
Tuna Niçiose – with free-range eggs, new potatoes, kale, olives, mixed leaf	£9.35

Classic Salads

Free range chicken Caesar salad – parmesan, croutons, baby gem & anchovy mayo	£5.45
New potato salad – peas, red onion, light mayo & mixed herbs	£3.85
Greek salad – tomatoes, cucumber, feta, black olives, red onion & peppers GF	£3.85

Please see page 14 for more salad options.

+ VAT