



Healthy Choice

Per portion (minimum 8 portions)

Free Range Chicken

Oven roasted chicken breast – choice of marinade DF GF	£9.50
Chargrilled chicken breast – choice of marinade DF GF	£9.50
• teriyaki • Harissa • lemon thyme & garlic • smoked paprika • jerk	
• cumin & chilli • coriander • cajun • tarragon	
Stuffed chicken breast – with roast mushrooms & fresh herbs	£10.00

Fish

Cod – with black butter & caper sauce GF	£11.50
Black cod fillet – with miso sauce DF	£12.50
Pan-fried seabass – with salsa verde DF GF	£12.50
Baked mackerel – with tomato, red onion & coriander salsa DF GF	£11.00
Dressed poached whole salmon DF GF – <i>please ask for details</i>	
Salmon fillets – served with a choice of salsa DF GF	£11.50
• verde • aioli • tomato salsa	
Pesto crusted salmon – with roast cherry tomatoes DF GF	£11.50
Teriyaki salmon fillet – marinated with soy, sugar, fennel & sesame oil DF	£11.50
Glazed salmon fillet – with lemon & dill DF GF	£11.50
Beetroot-cured salmon fillet – with wholegrain mustard & honey dressing DF	£12.50

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