JULY DINNER SET MENU
SUNDAY - THURSDAY

Starters

TOMATO AND BASIL SOUP
WARM BAKED SOURDOUGH (378KCAL) RGF VG

THAI SPICED MEATBALLS
STICKY RICE, FRAGRANT RED COCONUT CURRY SAUCE,
SMASHED TERIYAKI CUCUMBER (598KCAL)

MELON AND EXOTIC FRUIT PLATE
PASSION FRUIT GEL, COCONUT AND PASSION FRUIT LOLLIPOP,
TOASTED SUNFLOWER SEEDS (415KCAL) VG GF

Mains

CHARGRILLED 10OZ RUMP STEAK
TRIPLE COOKED CHIPS, GRILLED TOMATO,
FLAT CAP MUSHROOM AND ONION RINGS (922KCAL) RGF

BUTTER BASTED CHICKEN SUPREME
RED PEPPER AND CHORIZO ORZOTTO, CONFIT VINE TOMATOES, SALSA VERDI (820KCAL)
SERVED WITH A SELECTION OF VEGETABLES (63KCAL PER SERVING)

CRISPY SESAME SEA BASS
WOK FRIED BROCCOLI, SUGAR SNAP PEAS AND BOK CHOI, RICE NOODLES, CHILLI,
GARLIC, MISO AND GINGER DRESSING (738KCAL) RGF
SERVED WITH A SELECTION OF VEGETABLES (63KCAL PER SERVING)

MEDITERRANEAN VEGETABLE AND RICOTTA LASAGNE
SUN BLUSH TOMATO AND OLIVE SALAD, PESTO BAKED CIABATTA (783KCAL) V
SERVED WITH A SELECTION OF VEGETABLES (63KCAL PER SERVING)

Desserts

STRAWBERRY CHEESECAKE
STRAWBERRY SORBET, CRUSHED MERINGUE
(700KCAL) V

A SELECTION OF ICE CREAMS
SUGAR CONE, RASPBERRY SAUCE, TOASTED NUTS,
SPRINKLES (449KCAL) V RGF

2 COURSES
£22

3 COURSES
£26

ADULTS NEED AROUND 2,000KCAL PER DAY