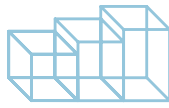




Welcome

M E N U



ALLERGENS



GLUTEN



NUTS



SOY



SESAME



CELERY



MUSTARD



SULPHITES



LACTOSE



CRUSTACEANS



FISH



SOUP

**TOMATO & BASIL
SOUP**

Served with Flaxseed Crackers



MUSHROOM BROTH



STARTERS

PRAWN COCKTAIL

Fresh tender prawns, served on a bed of sliced cucumber and lettuce, topped with Marie Rose sauce



**CRISPY SPRING
ROLLS**

Filled with carrot, peppers and spring onion with a peanut dipping sauce.



Set Menu

MAINS

SAAG ALOO

A Lightly spiced spinach and potato curry, served with wild rice and poppadoms.

Choose between Lightly spiced chicken or butterbeans.

SALMON NICOISE

Flaked Salmon served on mixed leaves, cherry tomatoes, green capers, baby potatoes, egg, and vinaigrette
Lighter Choice

ZUCCHINI RAVIOLI

Roasted zucchini parcels stuffed with fresh spinach pesto and served with tomato sauce & vegan cheese.
Lighter Choice

KALE & SWEET POTATO SALAD

Roasted sweet potato, cashew nuts & chickpeas in a warm sunflower & date sauce garnished with pomegranate.
Lighter Choice

PAN FRIED FILLET OF SEABASS

Stuffed with spinach, served with Celeriac puree, new potatoes and a side of mixed vegetables.
Equilibrium

HEARTY BURGER

4oz Burger in a steamed brioche bun. With spiced mayo, gem, tomato and courgette pickles, served with Onion Rings, skin on fries and spiced mayonnaise.
Plant option available



DESSERT

CHEESECAKE

Lemon curd
Equilibrium

CHOCOLATE & RASPBERRY MOUSSE

Silky avocado & chocolate mousse.
Equilibrium

BERRY BOWL

A bowl of blueberries,
strawberries,
raspberries, blackberries
and pomegranate, served
with coconut yoghurt.
Lighter Choice

BAKED PEAR

Baked Pear in cinnamon and
coconut sugar on a seed crumble
served with Vanilla Ice Cream
Equilibrium

