



*Get your 5 a day*

*Healthy is Tasty*

*Tuesday - Saturday*

*12.00/17.00*

*2 course - £16.50, 3 course - £19.50*

*Antipasti*

*Wilted spinach & watercress soup - 2 a day*

*Raw carrot, tender stem broccoli, beetroot & super seed salad - 3 a day*

*Melon & Parma ham - 1 a day*

*Sardines, sun dried tomato, roast pepper & Italian rarebit bruschetta - 2 a day*

*Secondi*

*Hake baked in a bag, peas, broad beans, courgette, chickpeas, wine & mint - 4 a day*

*Saddle of lamb, baby sweetcorn, cherry tomatoes & anchovy herb butter - 2 a day*

*Dried/fresh mushroom & asparagus risotto. Allow 20 mins - 3 a day*

*Sirloin steak, tomato, lentil, green bean, Parmesan & squash salad - £3 - 4 a day*

*You've been so good!*

*Grilled pineapple, chilli, star anise & mint - 1 a day*

*Chilled rice pudding, vanilla, crème fraiche, orange & rhubarb - 1 a day*

*Fresh banana waffle, chocolate cream, rum & raisin caramel - 2 a day*

*Sugar free - Warm pink grapefruit, yoghurt & honey - 1 a day*

*Information taken from BBC Good Food*

*If you have a food allergy or intolerance, please speak with us about our ingredients*