



Sample Menu Items

Starters

Super food salad of quinoa, avocado, pomegranates and pumpkin seeds with lemon zest dressing (V)

Miso soup with tofu, spring onion, shitake and shredded seaweed (V)

Main Course

Soy-glazed salmon with wok-fried broccoli and steamed brown and wild rice

Lean strips of organic chicken tossed with wholemeal pasta and baby spinach dressed with walnut pesto

Deserts

Frozen mango and Banana low fat natural yoghurt (V)

Cinnamon baked apples (V)