

JANUARY HEALTHY SPECIALS

STARTERS

chicken skewers
in oyster sauce

5

ham hash & egg



4

grilled fishcakes
on a mixed salad

6

pea soup (v) or with ham

4/5

all grilled/baked or fried using fry light



JANUARY HEALTHY SPECIALS

MAINS

cajun grilled halloumi or chicken breast
with salad, wholemeal pitta & yogurt



12

lean grilled flat iron steak
with chunky roasted vegetables

14

beef bourguignon
with carrot & swede crush

12

baked chili & lemon salmon fillet
with spicy vegetable jambalaya

12

burger salad bowl

11

all grilled/baked or fried using fry light