

SLIMMING *menu*

**DON'T DESPAIR OVER
THE FOOD YOU**

'can't' have,

**LET US REMIND YOU
OF ALL THE *good***

FOOD THAT YOU

can have.

TO START

**GRILLED FIVEMILETOWN
GOATS CHEESE**

Rocket and beetroot salad, balsamic glaze
(165 Kcal)

£5.95

GUACAMOLE ON TOAST

Anton's homemade wheaten bread, soft
poached egg, semi dried tomato
(385 Kcal)

£6.25

MAINS

CHARGRILLED CHICKEN PEPPERONI

Napoli sauce, buffalo mozzarella, choice of fresh egg
pasta (650 Kcal) or tossed salad (495 Kcal)

£10.95

FAJITAS (*chicken or vegetable*)

Served on a sizzling skillet, sour cream, cheese, oven
cooked handcut chips (274 Kcal)
(add wraps 104 Kcal each)

£11.95

PRAWN & SMOKED SALMON

TAGLIATELLE Chilli and rocket (591 Kcal)

£10.95

CHILLI CON CARNE

Basmati rice, sour cream, nachos (610 Kcal)
Add garlic flat bread (220 Kcal) £2.00

£8.95

3 EGG FREE RANGE OMELETTE

Onion peppers, tomato, rocket (340 Kcal)
Add chicken (281 Kcal) £3.00

£6.95

SKINNY BIRD BURGER

Chargrilled chicken breast, garlic portobella mushroom
bap, squashed avocado, red onion, sriracha (302 Kcal)
Handcut chips (170 Kcal) or tossed salad (195 Kcal)

£11.95

SIDES

SWEET POTATO FRIES

(oven cooked - 170 Kcal)

£3.75

HANDCUT CHIPS

(oven cooked - 170 Kcal)

£3.75

HOUSE SALAD

(195 Kcal)

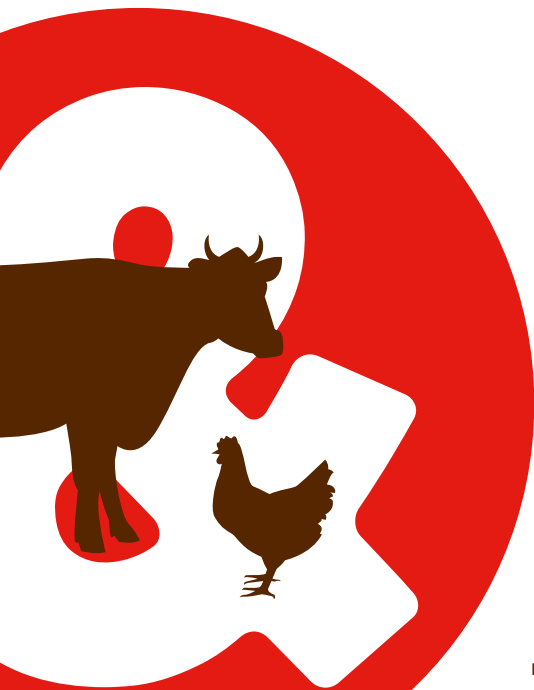
£3.75

DESSERT

SUMMER BERRY & MINT GRANITA

(195 Kcal)

£4.95



We use frylite spray and oven roast as much as possible - calories are approximate

FOOD ALLERGIES AND INTOLERANCES. BEFORE ORDERING PLEASE SPEAK TO OUR STAFF ABOUT YOUR REQUIREMENTS.

