

Healthy Dining Menu

DUE TO POPULAR DEMAND, our chefs have carefully created a delicious healthy Dining Menu. Our healthy menu has been carefully created using low fat and lower Calories and Fry Light is used to help achieve this. Enjoy!!!

Menu Guide

(V) – Indicates Vegetarian Options **(GF)** – Indicates Gluten Free Options **(VG)** – Indicates Vegan dietary Options

IMPORTANT NOTE: We have tried to indicate dishes suitable for some specific dietary requirements. If you suffer from a food allergy or intolerance, please let your server know upon placing your order. Every care is taken to avoid any cross contamination when processing a specific allergen free order. We do however work in a kitchen that processes allergenic ingredients and **do not have** a specific allergen free zone. Wheat and gluten ingredients which are deep fried will use the same fryers in our kitchens as dishes not containing these ingredients - **there may be risk of cross contamination** which may therefore affect extremely sensitive sufferers.

Healthy Breakfast Selection:-

- **Full English** – grilled Bacon, Sausage, Tomato, poached Egg, Mushrooms, Beans & Brown Toast **£6.50**
- **Poached Eggs** on Brown Toast **(V)** **£3.75**
- **Bacon, Sausage & poached Egg** in Brown Bun **£3.95**
- **Sausage** or **Bacon** or poached **Egg** in a Brown Bun **£2.95**

Fresh Healthy Salads

All Salads consist of mixed Salad Leaves, Carrots, Peppers, Sweet corn, baby Tomatoes, boiled Egg, boiled Potatoes, Cucumber & Red Onion with low fat Salad dressing (optional)

- **Prawn** in a light Marie Rose sauce **(GF)** **£6.95**
- **Tuna Crunch**, red Onions, Cucumber, Sweet corn, coated in low fat Mayonnaise **(GF)** **£6.95**
- **Ham Salad** Hand carved slices of lean home roast Ham **(GF)** **£6.95**
- **Grilled Chicken** breast marinated with Paprika, Lemon juice & Spices **(GF)** **£6.95**

Healthy Jacket Potatoes- All served with Salad garnish

- **Beans & low fat Cream Cheese** **(V)** **(GF)** **£5.95**
- **Prawn & light Marie Rose sauce** **(GF)** **£5.95**
- **Coronation Chicken** **(GF)** **£5.95**
- **Tuna Crunch**, red Onions, Cucumber, Sweet corn, coated in low fat Mayonnaise **(GF)** **£5.95**
- **Chilli Con-Carne**, Homemade lean Beef Chilli topped with low fat Cream Cheese **(GF)** **£6.50**

Something more substantial but Healthy

- **Ham, Peppers & Mushroom Omelette** with low fat Cream Cheese (optional) served with Salad **(GF)** **£5.95**
- **Peppers & Mushroom Omelette** with low fat Cream Cheese (optional) served with Salad **(V)** **(GF)** **£5.20**
- **Chilli Con-Carne & Rice**, topped with low fat Cream Cheese **£6.95**
- **Cajun Chicken & Beanie Rice**, Peppers, Onions & Mushrooms in Cajun spices & low fat Cream Cheese with salad garnish **£7.20**
- **Chicken DeLIGHT!!!** Chicken breast marinated with Paprika & Lemon juice, pan-fried Peppers, Mushrooms & Onions topped with low fat Mayo & Chilli dressing served with Saffron scented Rice & salad garnish, **£7.95**
- **Vegetable DeLIGHT!!!** Peppers, Mushrooms & Onions marinated with Paprika & Lemon juice, then pan-fried & topped with Chilli dressing served with Saffron scented Rice & red Kidney Beans & salad garnish, **(V)** **(VG)** **£7.95**

Healthy Sandwiches all served in a Brown Bun (Upgrade to a rustic Baguettes for additional 50p)

- **Hand carved home roast lean Ham**, Salad & low fat Mayonnaise **£4.50**
- **Chicken BLT** – Chicken, Bacon, Lettuce, Tomato & low fat Mayonnaise **£4.95**
- **Chicken BLT, Served hot from the kitchen** Chicken, Bacon, Lettuce, Tomato & low fat Mayonnaise **£5.55**
- **BLT** – Grilled Bacon, Lettuce, Tomato & low fat Mayonnaise **£4.50**
- **BLT, Served hot from the kitchen** Grilled Bacon, Lettuce, Tomato & low fat Mayonnaise **£5.10**
- **Prawns** in a light Marie Rose sauce, Lettuce & Cucumber **£4.95**
- **Egg** Mayonnaise, Cucumber & Lettuce in a Brown Bun **(V)** **£4.50**
- **Tuna Crunch**, red Onions, Cucumber, Sweet corn, coated in low fat Mayonnaise **£4.75**
- **Bacon & Cream Cheese** – Grilled Bacon, Lettuce, Tomato & low fat Cream Cheese **£4.65**