

À LA CARTE MENU

STARTERS

CHICKEN LIVER PARFAIT 701 Kcal Tomato and Harissa Chutney, Toasted Sourdough	17
KING PRAWN COCKTAIL 376 Kcal Baby Gem Lettuce, Marie Rose Sauce, Lemon, Brown Bread and Butter	17
SMOKED SALMON 259 Kcal Cream Cheese, Lemon, Capers, Samphire	19
LOCAL CRAB AND MAYONNAISE 319 Kcal Grapefruit, Capers, Pickled Red Onion, Samphire	21
GOATS CHEESE AND BEETROOT (V)* 753 Kcal Orange, Hazelnut Dressing	14
GALIA AND CHARENTAIS MELON (VE)* 105 Kcal Orange, Grapefruit, Mint Syrup, Raspberry Sorbet, Chia Seeds	14

MAIN COURSES

8oz FILLET STEAK 1294 Kcal Chunky Chips, Tomato, Field Mushroom, Onion Rings, Watercress Choice of Peppercorn Sauce 107 Kcal, Garlic Butter 341 Kcal or Stilton Cream Sauce 623 Kcal	50
8oz SIRLOIN STEAK 1318 Kcal Chunky Chips, Tomato, Field Mushroom, Onion Rings, Watercress Choice of Peppercorn Sauce 107 Kcal, Garlic Butter 341 Kcal or Stilton Cream Sauce 623 Kcal	40
BEER BATTERED FISH AND CHIPS 1400 Kcal Peas, Tartar Sauce, Lemon	25
SCAMPI AND CHIPS 1243 Kcal Peas, Tartar Sauce, Lemon	22
DOVER SOLE 604 Kcal Prawn, Lemon and Herb Butter, Seasonal Vegetables or Dressed Salad Leaves	50
MUSHROOM, SPINACH AND CREAM CHEESE RISOTTO (V)* 701 Kcal Baby Watercress	21
VEGETABLE WELLINGTON (VE)* 831 Kcal Roasted Carrot and Broccoli, Tomato and Thyme Jus	21
HARISSA ROASTED AUBERGINE (VE)* 437 Kcal Tomato and Chickpea Cassoulet, Vegan Greek Style Cheese	21
SIDE DISHES CALORIES Vegetables and Potatoes 175 Kcal Mixed Leaf Salad and New Potatoes 222 Kcal	

RESIDENTS ON DINNER INCLUSIVE TERMS

The table d'hote menu and dishes marked with an * are included in your package, a 40% reduction applies to any of the other dishes (prices are shown in sterling and are per person).

Adults need around 2000 Kcal a day. Please inform us of any food allergies or special dietary requirements.