

COLOURFUL SALADS

Mixed leaves, tomatoes, cucumber, grated carrot, sliced beetroot, vegetable crudité
Houmous, mixed grains
Roast salmon & quinoa salad
British chicken salad, carrot, sugar snaps & soya beans
Salad dressings & toppings

HEALTHY & HEARTY

Homemade vegetable & lentil soup
Grains, lentils & quinoa
Bread selection
Outdoor reared leg of pork, crispy crackling, apple sauce. Gravy
Stir fry: Vegetables, chicken strips, tofu, noodles, sweet chilli or soya sauce
Grilled Cornish sardine fillets, chickpeas, lemon & cherry tomatoes
Vegetable & puy lentil one pot stew. Rice
Roasted new potatoes
Tender stem broccoli, carrots

A LITTLE TREAT

American pancakes, fruit coulis, honey, maple syrup, fruit salad, half fat Greek style yoghurt
Forest fruit & pear gratin
Carrot cake
Greek yoghurt & mango
Eton Mess

BREAKS

MORNING PICK-ME UP

Bircher muesli
Freshly baked cheese twists

AFTERNOON REVIVER

Homemade fruity flapjack
Oven baked churros

HELP YOURSELF ALL DAY TO:

Fruit, freshly baked cookies, nuts, seeds, dried

RESTAURANT LUNCH & BREAKS

SAMPLE MENU



Holiday Inn