



Healthy Options Menu

Starters

Crayfish cocktail with Bloody Mary sauce £5.75 *2.5 SYN*s

Chicken and bacon salad £5.50 *SYN FREE*

Tomato, mozzarella and basil salad with balsamic dressing ^(M) £5.50 *5 SYN*s

Mains

Grilled or baked fish of the day with new potatoes and vegetables, accompanied by wedges of lemon £11.95 *SYN FREE*

Roast chicken with sautéed wild mushrooms, spinach and bacon, served with new potatoes and a chicken gravy £12.50 *2.5 SYN*s

Linda McCartney vegetarian sausages with mashed potatoes, vegetables and vegetable gravy ^(M) £10.95 *5.5 SYN*s

Desserts

Meringue nest with fresh berries £5.25 *SYN FREE*

Selection of sorbets £4.95 *1 SYN PER SCOOP*

Head Chef: David Arnott

The Syns have been calculated, using information published by Slimming World, for customer information only. This menu is not endorsed or sponsored by Slimming World, the owner of the 'Syn' trademark.

Please advise staff if you have any food allergies or intolerances. We will do all we can to accommodate your dietary requirements, however cannot guarantee that foods do not contain traces of any allergens.