

DINING ROOM LUNCH

Roast cherry tomato and red chard frittata (V/D/T/E) 169 kcal

TO START _______Sweet potato and carrot soup with bread (V/Ve/G/T) 66 kcal with a hint of garlic

SALAD SELECTION

FROM THE BUFFET -

Coronation turkey, radicchio (T) *162 kcal** Indian spiced cous-cous, asparagus, mushroom, red pepper & pumpkin seeds (V/Ve/G/T) *134 kcal**

Greek salad (V/D) 75 kcal*

Courgette, mange tout, sunflower seeds and green beans (V/Ve/S/T) *54 kcal**Tuna, sweetcorn, sun blushed tomato & basmati rice (Su/T) */57 kcal**

Aubergine, mushroom and balsamic glazed onions and pumpkin seeds (V/VE) 120 kcal*

HOT SELECTION

Slow roast, honey glazed gammon *I58 kcal*Baked fish of the day, citrus and caper dressing *Approx. I60 kcal*

Pasta Arrabiatta (V/Ve/G/T) 269 kcal Mixed bean chilli (V/Ve/T) 161 kcal Steamed rice (V/Ve) 28 kcal Red wine jus (V/Ve/Su) 12 kcal

A selection of seasonal vegetables and potatoes (V/Ve) *Up to 129 kcal*

COLD SELECTION

Chicken fillet 60 kcal*

Paprika, lemon & thyme chicken (T) //5 kcal*
Continental selection of cured meats, chutney (D/T) 272 kcal*
Brussels pate (D/E/T) /42 kcal*

Plain seabass 100 kcal*

Garlic & herb salmon 158 kcal*

Smoked salmon & horseradish roulade (D) 210 kcal*

Smoked trout & mackerel 143 kcal*

Tartare sauce 24 kcal*

Butternut squash, walnut & goats cheese bake (V/D/E/N) /45 kcal*

Quinoa, spinach & vegetable bake, hummus (V/D/E/T) *129 kcal**

TO FINISH

Banoffee cream pot (V/D/T) 212 kcal A collection of mini desserts (V/D/E/S/G/T) Up to 450 kcal Fresh fruit salad (V/Ve) $32 \, kcal$

White chocolate and lemon sponge, cream – ordered to table (V/D/E/S/G/T)