

# make your choice, relax, pull up a seat, fuel the brain etc.

## Sample Summer Menu

### Salad of the day

Warm potato and spring onion salad tossed in minted olive oil  
Using olive oil instead of butter in cooking contributes to a healthy heart

### Meat

Honey roasted leg of Welsh lamb with rosemary and redcurrant gravy  
Did you know lamb is one of the easiest meats to digest and the least likely to cause allergies

Flash fried beef strips, with stilton ,pear and roasted walnuts.

Medical studies have proved that walnuts promote weight loss and are high in omega 3 polyunsaturated fats

Duck teriyaki with pickled cucumber salad

Duck may be fatty but it is heart friendly monounsaturated fat

### Fish

Poached smoked haddock, bubble and squeak, and samphire sauce  
Smoking fish is a great way of preserving nutrients

Lemon grass infused steamed trout with sorrel hollandaise  
Trout is a rich source of omega 3 oils

Roasted ling with clams ,cider,fennel and flat leaf parsley  
A member of the cod family, ling are in abundance around northern coastal areas of Britain

### Vegetarian

Creamed leeks and smoked cheese baked under cheddar cheese pastry and served  
with a beetroot walnut and watercress salad  
Beetroots main benefits are that it contains no fat and very few calories

Artichoke and piquillo pepper paella  
Be well on your way to five a day with this paella

Porcini mushroom ravioli with salsa verdi  
Pasta now has a low glycemic index, this means that it does not allow sugar to rise in the blood as quickly

### Dessert

Vanilla panna cotta with warm strawberries and mint  
Strawberries are a rich source of vitamins

A pot of bitter chocolate and dark cherries  
Cherries contain many vitamins, minerals and compounds which have many health benefits

Baked lemon tart with lemon water ice  
Lemons are an effective tonic for the liver