

BREAKFAST

HEALTHY PANCAKES

Gluten free pancakes, served with a creamy yoghurt & fresh berries, drizzled with maple syrup. VE

TOAST YOUR WAY

2 slices of granary bread toasted served with your choice of:

- Strawberry Jam/Marmalade and Butter. VE option

- Smashed avocado, roasted cherry tomatoes and balsamic dressing. VE

POACHED EGGS

Two poached eggs served on spiced mashed avocado on top of granary toast



Soups

TOMATO & BASIL SOUP

Served with Flaxseed Crackers.
VE



ROAST PARSNIP SOUP

VE



MUSHROOM BROTH

VE



Starters

PRAWN COCKTAIL

Fresh tender prawns,
served on a bed of
sliced cucumber and
lettuce, topped with
Marie Rose sauce



SPRING ROLLS

Crispy Spring Rolls
filled with Carrot,
Peppers & Spring Onion
served with a Peanut
Dipping Sauce. VE

PARMA HAM, FIG & GOATS CHEESE

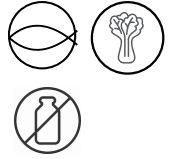
Fig embedded in
warm goats cheese
wrapped with parma
ham, walnuts and
served on rocket



LUNCH & DINNER

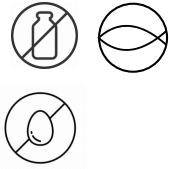
PAN FRIED FILLET OF SEABASS

Stuffed with spinach, served with Celeriac puree, new potatoes and a side of mixed vegetables.
Equilibrium



SALMON NICOISE

Flaked Salmon served on mixed leaves, cherry tomatoes, green capers, baby potatoes, egg, and vinaigrette
Lighter Choice



RAMEN

Topped with Pork fillet, Chicken or Roast Portobello mushroom over noodles in a delicious broth with mixed vegetables. VE option



KALE & SWEET POTATO SALAD

Roasted sweet potato, cashew nuts & chickpeas in a warm sunflower & date sauce garnished with pomegranate.
Lighter Choice VE



LIGHTER CHOICES

ZUCCHINI RAVIOLI

Roasted zucchini parcels stuffed with fresh spinach pesto. Served with tomato sauce & vegan cheese. VE



EQUILIBRIUM

STUFFED PORTOBELLO MUSHROOM

Served with Dauphinoise Potatoes, French Beans & Dijonnaise Sauce. VE



CHICKEN DIJONNAISE

Chicken breast served with Dauphinoise potatoes, French Beans and Dijonnaise sauce. Equilibrium



HEARTY BURGER

4oz Beef Burger in a brioche bun. With spiced mayo, gem, tomato and courgette pickles, served with Onion Rings, skin on fries and spiced mayonnaise. VE option



LUNCH & DINNER

SAAG ALOO

A Lightly spiced spinach and potato curry, served with wild rice and poppadoms.

Choose between Lightly spiced chicken or butterbeans.

Equilibrium VE option



JACKET POTATO YOUR WAY, LUNCH ONLY

Choice of Cheese, Tuna, Creamy Leek Carrot & Butternut squash, or Beef Chilli, served with a salad garnish. VE option
Lighter Choice



Sunday Roast

EQUILIBRIUM

SUNDAY ROAST*

A choice of Corn fed Chicken Supreme or Nut loaf

served with a Yorkshire pudding (GF vegan option on yorkie),
roast potatoes &
mixed vegetables in garlic butter.

With a side of gravy, Mint sauce and cranberry Sauce.
VE option



* Only served at Sunday lunch time.

DESSERT

FRUIT BOWL

Seasonal fruit served with coconut yoghurt.

BLUEBERRY CHIA PUDDING

Creamy chia pudding with blue spirulina, topped with coconut yoghurt and fresh blueberries.

lighter choices

DESSERT

APPLE & BLACKBERRY CRUMBLE

Served with a creamy
custard. VE



CHEESECAKE

Thick creamy vanilla cheesecake
topped with lemon curd.



CHOCOLATE MOUSSE

Silky avocado & chocolate mousse.
VE



BAKED SPICED PEAR

Baked pear in cinnamon &
coconut sugar served with
vanilla ice cream. VE



Equilibrium

lighter choices

BREAKFAST

GRANOLA

Oat and raisin granola
with fresh berries

GF Option available. VE

BREAKFAST OATS

Gluten free oats
topped with flaked
almonds & fresh
blueberries.

**Milk options with the
Granola & Breakfast Oats:**
Whole, Skimmed, Semi-
Skimmed,
Oat, Soya, Almond & Coconut
VE option

FRUIT & YOGHURT

Silky coconut yoghurt
served with a selection of
fruit. VE

CHIA & GRANOLA GLASS

Layers of fresh fruit, chia,
coconut yoghurt & granola.
VE

