

*At the Eating House we are committing to help making
Healthy Choices easier for You*

Therefore when you order from this menu we can assure you that:

We use Either Olive Oil or Rapeseed Oil when frying

We use Less Oil to fry and we will Grill, Poach or Bake if appropriate

**We use Lean Mince and Skinless Chicken and will happily trim the fat from
your bacon!**

**Where we would usually use Cream or Semi Skimmed Milk we will use
Skimmed Milk**

**We will use No Butter on sandwiches and toast, but if you would like a little
on the side we will be happy to oblige!**

We will use Less Cheese on your Salads where appropriate

We will put No Dressing on your Salad

**We will serve your pudding with Yogurt if you would like it or Opt for a
Fruit Salad Dessert 😊**

**We *Always* use herbs and spices to enhance the flavour of our dishes rather
than using lots of salt!**

**We use fresh, unprocessed fruit and vegetables, where these aren't available
we use frozen fruits which have all the goodness locked in.**

We have both Granary sliced bread and rustic baguettes

We have Fruit Juice, Mineral Water and Sugar Free drinks available

**Ask to see our allergen information and speak to one of our team if you have
a food allergy**

**If you would like a smaller portion, please talk to a member of staff. Please
note not all dishes can be offered smaller, please speak to your server.**

Healthy Choices Menu

The Eating House

PLEASE DO NOT REMOVE FROM THE CAFÉ
Photocopies available on request

Breakfast – Start the day right with a healthy breakfast.

Served 9 – 11.30am

The Big Healthy Breakfast – Oatcake stacked with baked beans, mushrooms, tomatoes, fatless bacon and a poached egg **£7.50**

On Toast

Your Choice of: Baked beans **£4.75**
Mushrooms and tomatoes **£4.75**

Poached or scrambled eggs **£4.75**
Avocado and poached egg **£7.50**

Smoked Haddock and Poached Eggs – on white or granary toast **£7.95**

Smoked Salmon and Scrambled eggs – on white or granary toast **£7.95**

Three Egg Omelette with Either:

Mushroom **£4.75**
Ham and Tomato **£4.75**
Smoked Salmon & Samphire **£6.50**
Smoked Haddock **£6.95**

Porridge with Fresh Fruit Salad **£4.95**

Fresh Fruit Salad and Greek Yogurt **£4.95**

Lunch – Served From 11.30

Cottage Pie – Served with braised savoy cabbage and celery and peas **£9.50**

Tomato, Olive and Caper Linguini **£8.95**

Linguini Pomodoro – With chilli flakes if you like a kick! **£8.50**

Crushed Avocado and Poached Egg – On home made soda bread, with salad **£8.50**

Quinoa Salad – Dressed quinoa on a bed of salad with roast pears **£8.50**

Greek Salad – With a smaller portion of feta cheese **£8.50**

The Healthy Ploughman's – Baked ham, 2 boiled eggs, a small wedge of cheddar cheese, chutney, salad and some crusty bread or oatcakes **£9.25**

Healthy Meze – Falafel, olives, humous, roast vegetables and some crusty bread or oatcakes **£9.25**

Couscous Salad – On a bed of mixed salad, with roast vegetables **£8.50**

Prawn Cocktail Salad – with smoked salmon and avocado **£9.50**

Mussels in White Wine and Chilli – With some crusty bread **£9.50**

Soup of the Day – with ½ a baguette **£5.00**

Open Sandwiches – On granary or white sliced bread. With salad **£7.25**

- Roast vegetables
- Humous and avocado
- Fatless bacon and avocado
- Roast pears with a sprinkle of stilton

Soup and an Half Sandwich – Choose a traditional sandwich below **£6.95**

Traditional Sandwiches – on granary or white bread. With salad **£6.25**

- Baked Ham
- Plain Prawn
- Plain Tuna
- Poached Chicken
- Smoked Salmon

Jacket Potatoes – With salad **£6.95**

- Baked Beans
- Plain Prawn
- Plain Tuna
- Humous and Olives

Salad Plates – Large salad with your choice of Baked Ham, Prawns, Poached Chicken OR Plain Tuna **£7.50**

Add Avocado to your salad **£1.50**