

DINING

## APRES-SPA MENU

### DELI SALAD

- (v, gf) Quinoa and Roast Beetroot Salad - Avo, Red Onion, Celery, Chick Peas and Smoked Tofu with Cumin/Lime Dressing
- (v) Chicken Salad with Blue Cheese and Buttermilk Dressing (Low Carb) - Spice-rubbed Free-range Chicken with Avo, Walnuts and Sundried Tomatoes with Lettuce Leaves
- (v) Niçoise Salad (Low Carb) - Mixed Lettuce Served with Tuna, Peppers, Tomatoes, Onion, Cucumber, Olives, Green Beans, Celery and Egg, Drizzled with Extra Virgin Olive Oil and Lemon Juice
- Thai Pulled Duck Salad - Duck Confit with Thai Marinated Noodles, Peppers, Cabbage, Carrots and Beans Topped with Fresh Coriander, Mint and Cashew Nuts
- (v) Feta and pumpkin salad (low carb) - with Danish Feta, Roasted Butternut, Zucchini, Kalamata Olives, Roast Tomato, Spring Onion, Sunflower Seeds and Rocket with Citrus/Mustard Dressing
- (v) Caesar salad - Cos Lettuce with Light Anchovy Dressing, Egg, Parmesan Shavings and Croutons  
\*Add Chicken

### SANDWICHES & PANINIS

- Oriental Wrap - Roasted Chicken with cinnamon Roasted Butternut, Lentils and Spiced Cashews, Fresh Coriander and Pickled Cabbage
  - Beef Club - Roast Beef, Tomato, Lettuce, Mayo and Egg with Caramelised Onions in White or Brown Bread and French Fries
  - Veggie Wrap - Quinoa and Pineapple with Fresh Coriander, Red Onion, Rocket and Raw Beetroot, Cashew Nuts with Honey-lime Dressing
  - French Bagnat - Tuna Baguette with Cos Lettuce, Mixed Peppers, Tomato, Cucumber, Egg, Red Onion, Radish, Olives and Extra Virgin Olive Oil
  - Swiss Panini - Raclette Cheese with Bresaola, Whole-grain Mustard and Gherkins
  - (v) Caprese Panini - Tomatoes, Mozzarella, Basil, Pesto, Pine-nuts
  - Honey Turkey Panini - Jalapeno, Emmental Cheese, Bell Pepper, Peri-peri Sauce
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## QUICHE OF THE DAY

Butternut and Carrot Soup - with Ginger, Roasted Pumpkin Seeds and Croutons

Quiche of the Day and House Greens

## PASTA

PENNE OR LINGUINE:

“Putanesca” with Capers and Chili

Smoked Chicken “Alfredo”

Bolognese

(v) Butternut/Feta/Rosa Tomatoes/Sage

(v) Thai Noodle Stir Fry with Pak Choy, Pineapple, Cashews, Shitake, Carrots, Spring Onion and Smoked Tofu

## MAIN COURSE BOWLS

Braised Chicken - with White Wine, Roasted Grapes and Sundried Tomato with Bulghur Wheat Pilaf

Hake Bake (low carb) - Oven Cooked with Spicy Tomato Sauce, Black Olives, Mint and Pine Nuts with Basmati Rice

Soy and Ginger Short Rib - Braised Beef Short Rib with Broccoli Stir Fry and Sesame

Duck Leg Confit - Slowly Roasted with Prune and Dried Apricot and Cauliflower Couscous (Low Carb)

Lamb Osso Bucco - Braised Lamb Shank in Tomato White Wine Sauce and Vegetable Linguine

## SIDES

Honey-glazed Root Vegetables with Almonds

Vegetable Linguine

Broccoli Stir-fry with Sesame (Low Carb)

Bulgur Leaf Pilaf with Preserved Lemon

Cauliflower Couscous (Low Carb)

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