



Culinary

Signature Dishes

Seasonal, Thoughtful & Nourishing



Starters

Chefs own
cream of mushroom and tarragon soup with homemade bread
Homemade soups provide a good mix of minerals and nutrients

Main choices

Slow-braised beef goulash with sweet potato gnocchi
accompanied with spring greens
Seasonal vegetables provide good fibre and vitamins

Oven-baked cod fillet with lemon and dill crumb served with a roasted tomato jus
accompanied with spring cabbage, peas, and dauphinoise potatoes
Cod is a good source of protein and omega-3 which can be very good for the skin

Vegetarian option

Roasted Mediterranean vegetable and chickpea tagine
accompanied with seasonal spring greens and pan-fried potatoes
Chickpeas are a good source of fibre and essential vitamins

Dessert

Cherry Bakewell tart with toasted almonds served with vanilla ice cream or vanilla sauce
Cherries and almonds are full of nutrients and essential vitamins

Fresh fruit or a selection of yoghurts or ice creams

For your enhanced well-being

*We develop our menus thoughtfully with ingredients that contribute towards a healthier lifestyle
and as part of your overall well-being in our care*