

All of the well being dishes can be supplied with nutritional and calorific values.

Salads

Spinach, avocado, and mango salad
Wasabi crab on endive
Gingery grilled salmon salad
Tabouleh with a composition of marinated, grilled and roasted vegetables
Lemony lentil salad with grilled chicken
Chermoula-spiced prawns with a rice noodle salad
Sushi and sashimi

Mains

Poached salmon with a light saffron broth and tomato concasse
Steamed halibut with cumin and avocado
Artichoke and red pepper frittata
Lemongrass chicken with brown rice
North African vegetable stew with couscous and harissa
Grilled chicken supreme with a reduction of aged balsamic vinegar, rosemary and honey topped with a grilled portobello mushroom
Poached chicken florentine with a roasted red pepper coulis
Pillow of dry aged scotch beef with a cherry balsamic sauce

Desserts

Mangoes with ginger mint syrup
Strawberries in balsamic vinegar and black pepper
Poached pears in red wine and vanilla
Vanilla risotto with rhubarb and strawberry compote
Dried fruits with nuts and seeds
Assorted seeds
Soya nuts
Papaya with lime

Breads and snacks

Wheat free
Rye
Oat cakes
Rice cakes
Low fat dressings
Soya products
Wheat free products
No fat products
Smoothies
Pick me ups

Products

Food Doctor

