

GAPS-based Sample Menus

Breakfast Menu

Fresh Pressed 5 veg Juice
(Cucumber, Tomato, Lettuce, Carrot & Coriander)
Twist of lime or Ginger Root
*** ** **

Honey & 5 Nut Granola with Littlepod Vanilla Yoghurt
*** ** **

Mushroom Scrambled Eggs, Chive Butter, Truffle Oil, Socca Bread
*** ** **

Exotic Fruit Salad infused with Cinnamon & Ginger

Lunch Menu

Chargrilled Asparagus, Poached Duck Egg, Smoked Cheddar Cheese Glaze, Cashew Crust
*** ** **

Mixed Lentil & Lamb Soup
*** ** **

Whole Baked Sea Bass stuffed with lime leaf & Ginger, Celeriac Remoulade, Basil-buttered
Carrots, Aubergine Purée, Cold pressed Olive Oil,
*** ** **

Almond Nut Butter Brownies, Raw Vanilla Ice Cream, Macerated Strawberries

Sample Dinner Menu

Smoked Ham Haugh & Parsley Pesto Terrine, Wilted Rocket Leaves,
*** ** **

Chicken Consommé with Confit Leg Meat
*** ** **

Mey Selections Rib Eye Steak, Five Spice Hand Dived Orkney Scallop, Vanilla Roasted Mixed
Beets, Shellfish Foam Emulsion
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Raspberry & Heather Honey Soufflé, Pistaccio Biscotti, Passionfruit Panna Cotta