



# BEET THE BLUES

*Eat well • Live better*

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## JANUARY REVIVE MENU

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OUR VERY OWN CHEF BARRY TONKS HAS PUT TOGETHER THE FOLLOWING MENU FOR THOSE WHO FANCY A FRESH START TO THE YEAR, WITH LOTS OF TASTY HEALTHIER OPTIONS, HOWEVER STILL JUST AS DELICIOUS.

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### STARTERS

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SALAD OF CASHEW / CARROT / POMEGRANATE / HALLOUMI  
SMOKED SALMON / SUPER SEED LOAF / MINTED YOGURT  
BROCCOLI SOUP / CUMIN / TAHINI / OLIVE OIL

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### MAINS

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VENISON / SOY / GINGER / POMEGRANATE / MISO GLAZED PARSNIPS  
SPICED FILLET OF COD / TURMERIC ROASTED CAULIFLOWER / CORIANDER  
CITRUS ROASTED ROOT VEGETABLES / GOAT CHEESE / ROCKET SALAD

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### DESSERTS

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COCONUT PARFAIT / LIME / BURNT MANGO GEL / COMPRESSED PINEAPPLE  
CLEMENTINE SORBET / CITRUS SALAD  
A SELECTION OF ENGLISH CHEESE WITH  
CHUTNEY AND CRACKERS

