

FITTER FOOD ACADEMY DINNER

Paleo Restaurant, Saturday 16 May 2015

Starters:

Ham Hock & Ox Tongue Terrine

Cold pressed • home made piccalilli • watercress • micro herb salad

Slow Roasted Tomato and Basil Soup

Served with home-made paleo or Artisan bread • almond butter or grass fed butter

Severn Wye Smoked Salmon

Candied beetroot • home cured salmon gravadlax • horseradish sauce • dill infused dressing

Heritage Courgette Flower

Stuffed courgette flower • slow roast tomato • baby leaf spinach • peperonata • sage dressing

Mains:

10oz Rump Steak

Served with half slow roasted balsamic tomato, confit shallot purée and a choice of hand cut chips or sweet potato chips.

Wild Caught Salmon

Honey & chilli • lightly pickled raw spaghetti vegetables • flax seeds • chia seeds • matcha dressing

Beef Burger

Paleo/artisan burger bun or baby gem wrapped • slow roasted half balsamic tomato with a choice of french fries or sweet potato chips

Homemade Sweet Potato Herb Croquettes

Coconut cream tomato ragu • crispy sage • watercress • slow roasted tomatoes • matcha dressing

Cotswold Free Range Chicken Breast

stuffed with sage • wrapped in parma ham • peperonata • jus • sage dressing



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Desserts:

Paleo Raw Dark Chocolate Hazelnut Tart with Vanilla & Hazelnut Ice Cream

Classic Paleo Pecan Pie with Coconut Chantilly Cream

Selection Of Home-Made Paleo Ice Creams (choose from Vanilla, Chocolate and Strawberry)

Fresh Fruit Salad

Drinks:

Your choice of a glass of:

* 175ml House Wine (Red or White)

* Pint of Lawless Lager

* Fresh Orange Juice



Additional Sides:

All other side dishes and drinks will be on offer at normal cost

Hand cut sweet potato chips £3.50

Seasonal greens £3

Super green leaf salad £3

Roasted roots £3

Sautéed garlic & herb mushrooms £3

Avocado £3

Halloumi £3

Hand cut chips £3

New potato £3