

# Harbour Lights Sample Dinner Menu

# STARTERS

TOMATO & SWEET PEPPER SOUP Served with a crusty bread roll (210kcal/serving)

# SALAD BAR Build your perfect salad with a variety

of crisp greens, vibrant vegetables, toppings, and an array dressings.

### MAINS

BAKED GAMMON (GF) Succulent gammon, slow-baked to perfection. (426kcal)

BEEF BOURGUIGNON (GF) Slow-braised beef in a rich sauce with herbs. (313kcal)

ROASTED VEGETABLE PASTA (V) on request (321kcal)

BREADED POLLOCK In a crunchy breadcrumb coating with a hint of lemon. (232kcal)

#### GARNISHES

CHEFS SIGNATURE GRAVY (GF) (23kcal/serving)

> **NEW POTATOES** (99kcal/serving)

> > **CHIPS** (132kcal)

#### SELECTION OF VEGETABLES (GF)

- Broccoli (31kcal/serving)
- Green Beans (23kcal/serving)
- Baby Corn (23kcal/serving)
- Peas (77kcal/serving)
- Carrots (34kcal/serving)
- Sweetcorn (52kcal/serving)
- Cauliflower (27kcal/serving)

#### DESSERTS

SPOTTED DICK Served with a Vanilla Custard (V) (402kcal)

**CHEFS DESSERT BUFFET\*** A scrumptious selection of tarts, cheesecakes and gateaux

## CHILDRENS OPTIONS

FISH FINGERS X 3 (153kcal)

CHICKEN NUGGETS X 5 (205kcal)

MAC n CHEESE (V) (620kcal)

BATTERED POLLOCK (206kcal)

SOUTHERN FRIED CHICKEN (270kcal)

PORK SAUSAGES X 2 (260kcal)

Please place your Childrens order with your server

Please order any drinks at the Restaurant Bar to enjoy with your meal

