

## SDR MAIN MENU

### SALAD PLATES

Egg Mayonnaise Salad  
Avocado, Tomato & Mozzarella Salad  
Tuna Salad  
Smoked Mackerel / Trout / Sardine Salad  
Speciality Wrap Salads  
Chicken Salad  
Cottage Cheese & Fresh Fruit Salad  
Prawn & Avocado Salad  
Fresh Salmon Salad  
Daily Specials

### SOUP and MISCELLANEOUS ITEMS

Fresh Home-made Soup  
with Bread  
Speciality Rolls & Breads  
Butter/Spread

### HOT DISHES

Meat Dishes – see daily menu  
*with two vegetables/rice/potatoes/salad portion*  
Fish Dishes – see daily menu  
*with two vegetables/rice/potatoes/salad portion*  
Vegetarian Dishes – see daily menu  
*with two vegetables/rice/potatoes/salad portion*  
Halal/Kosher Dish – Prepared to Order  
*with two vegetables/potatoes/rice*  
Vegetables/Potatoes/Rice

### SALAD BAR

Salad Bowl – Regular  
Salad Bowl – Large  
Salad Portion

### SWEETS

Assorted Hot Sweets  
with Custard  
Assorted Cold Sweets  
Fresh Fruit Salad  
Yoghurts  
Fresh Fruit- Apples/Bananas/Pears  
Fresh Fruit – Oranges/Plums

### DRINKS

Mineral Water  
San Pellegrino  
Fentimans Sparkling Drinks  
Coke/Sprite  
Diet Coke/Fanta  
Belvoir Flavoured Water  
Fresh Johnsons Juices  
Mangajo Iced Tea  
Innocent Smoothies  
Beer – Becks (275ml)  
Beer – Tiger (330ml)  
Beer – Budvar/Budweiser (330ml)  
Beer – Peroni (330ml)  
Beer – Corona (330ml)  
Meantime Craft Beer (330ml)  
Wine per glass

## Sample menus

### Hot Dishes

#### Meat

Beef Lasagna al Forno  
Roast Loin of Pork with Apple Sauce  
Beef Massaman Curry with Rice  
Guinea Fowl with Sage and Parma Ham  
Chicken and Prawn Paella with Artichoke and Chorizo  
Lamb Kofte

#### Fish

Smoked Haddock, Leek and Cheddar Tart  
Harissa Spiced Seabass  
Grilled Trout with Almonds and Anchovy Butter  
Swordfish with Mango, Lime and Chili Salsa  
Grilled Tuna Nicoise  
Seafood and Fennel Risotto

#### Vegetarian

Lentil, Mushroom and Aubergine Cottage Pie  
Wild Mushroom Stroganoff with Saffron Rice  
Squash, Goats Cheese and Onion tart  
Warm Salad of Pumpkin, Barley, Beetroot, Spinach and Pomegranate  
Cauliflower and date Tagien with Couscous  
Arancini with Tomato and Basil Sauce