



**Whole Health**

## **La Tourelle Sample Menu**

### **Breakfast**

*Help yourself to:*

*Greek Yoghurt, Granola, porridge or Bircher, Fresh Fruit salad*

*Place your orders for:*

*Eggs-poached or boiled with choice of bacon, avocado, tomatoes, spinach with toast*

*\*\*twice per week a full cooked breakfast of pancakes, bacon, hash browns, eggs and tomatoes*

### **Lunch**

*Packed lunch-freshly made and brought to you by our support vehicle;*

*A choice of tasty, healthy fillings in a fresh French baguette or salad, fruit and flapjacks*

### **Afternoon tea**

*A selection of tasty cakes and bakes made fresh each day eg Carrot Cake, Banana Loaf or our special Oaty Date Crumbles*

*Indulgent scones and cream*

*OR a healthy post-training fruit smoothie*

### **Dinner**

*Baked feta-crusted fish and roasted veg*

*Served with creamy pesto bean mash and lightly steamed green beans*

### **Dessert**

*Apple lattice tart served with crème fraiche or ice cream*

*With a glass of wine or a beer from our well-stocked cellar or fridge*

*Vegetarian, gluten free or special diet options will be available if requested!*