



## **GRAYSHOTT HEALTH REGIME LUNCH MENU**

### **To Start**

Cauliflower and Fennel Soup

### **To finish**

Honey and Mustard Glazed Ham

or

Roasted Rainbow Trout with Pineapple Salsa

Dressing: Mango

Dressing: Roasted Pepper

Dip: Courgette

Blanched Salad

Steamed Vegetables With Olive Oil

