



GRAYSHOTT HEALTH REGIME DINNER MENU

Mushroom, truffle and tarragon soup

Salmon mousse
with cucumber salad

Butterbean hummus
with olives, sunblushed tomatoes and tahini dressing

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Roasted guinea fowl
with lentil and pancetta ragout and spinach

Pan fried fillet of seabass
with green vegetables and broth

Vegetables and coconut thai curry
with haricot beans and papaya and lime salad

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