

# Harbour Lights Sample Dinner Menu

## STARTERS

MIXED VEGETABLE 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

ROAST PORK Served with apple sauce (329kcal)

> CHICKEN KIEV (424kcal)

BROCCOLI CHEESE BAKE (V) (498kcal)

> BREADED SCAMPI (345kcal)

## GARNISHES

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

> ROAST POTATOES (121kcal/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

APPLE & SUMMER FRUIT CRUMBLE 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



V - Vegetarian. GF - Gluten Free. Adults need around 2,000 calories per day If you have a dietary requirement, please contact a member of the team who will be happy to assist. All menu items subject availability, and might change at short notice. \*May contain traces of nuts.