

The Skinny Duck Menu

STARTERS

Half stuffed Peppers £5.25

Oven Baked Pepper stuffed with a combination of Cous Cous, Red Onion, Pepper, Celery, Chickpeas and Garlic all served on a bed of Salad

Curried Butternut Squash & Lentil Soup (GF) £6.25

A combination of Indian Spiced Cream Butternut Squash and Earthy Lentils finished with Toasted Spices

Baked Eggs with Ratatouille (GF) £7.25

Hens egg, Courgette, Aubergine, Pepper and Onion in a rich Tomato sauce finished by baking in the oven

MAINS

Diet Rola Cola Chicken (GF) £13.95

A lovely blend of Pan Fried Chicken, Peppers, Sugar Snap Peas, Onions and Noodles in a Tomato based Diet Coke sauce

Tomato Risotto (GF) £13.50

Roasted Cherry Tomatoes in a Creamy Passata Risotto with a Garlic Herb Crumb

King Prawn Linguini (GF) £14.50

Pan Fried Prawns, Cherry Tomatoes and Peppers in a mildly Spicy Tomato Sauce on a bed of Linguini

Teriyaki Salmon (GF) £13.95

Oven Baked Salmon topped with homemade Teriyaki sauce accompanied with a Side Salad and New Potatoes

Smoked Chicken Salad (GF) £14.50

In house Smoked Chicken Breast mixed with Fresh Mango and Avacado, Crisp Mixed Leaf and dressed with a Citrus Dressing

Baked Seabass £13.95

Rosemary and Garlic Seabass on a bed of Vegetable Spaghetti and Lemon, Pepper and Red Onion Cous Cous

DESSERTS

Pannacotta (GF) £6.25

Served with Mixed Berry Compoté

Toffee Apple Rice Pudding (GF) £6.25

Oaty Pancakes with Berry Sauce £6.25

All foods have been cooked in low fat cooking oil.
Recipe inspiration from Slimming World and Gordan Ramseys Healthy Appetites.

