



Please find below our selection of 'Deliciously Lighter'
calorie counted dishes

APPETISERS

- Traditional Prawn Cocktail** **104 Calories ~ 1.6g Fat** **£5.45**
succulent North Atlantic Prawns in a low fat Marie Rose sauce served
resting on mixed leaves
- Tangy Lemon Sorbet** **85 Calories ~ 0g Fat** **£2.45**
refresh your palate with our sorbet dressed with fresh fruit

MAIN COURSES

- Sticky Chilli Salmon** **365 Calories ~ 14.3g Fat** **£9.45**
grilled salmon fillet coated in our own sticky chilli, garlic and coriander
glaze presented on a bed of mixed green salad with chopped, warm new
potatoes
- Medallions of Fillet Steak (4oz)** **408 Calories ~13.6g Fat** **£9.95**
served with a white wine, mushroom, onion and tarragon sauce and
accompanied by new potatoes and steamed vegetables
- Mussels Provencal** **290 Calories ~ 8.9g Fat** **£8.95**
a main course portion of our mussels steamed in a tomato and herb sauce
and served with a fresh side salad
- Grilled Chicken Fillet** **345 Calories ~ 10g Fat** **£7.95**
accompanied by a rich red wine, French mustard and mushroom sauce,
resting on a bed of green vegetables and accompanied by new potatoes
- Stuffed Sweet Peppers (v)** **422 Calories ~ 7g Fat** **£7.45**
grilled peppers filled with a spicy, savoury, vegetable rice served on a rich
tomato and herb sauce

Over the last 18 months, whilst still working with food every day, I have lost over 100lbs in weight. Many of our customers have asked how it was done, and if I could offer any hints or tips to help them in a similar direction. It has basically been down to a more healthy diet, counting calories and an increase in physical activity. A wonderful website, www.weightlossresources.co.uk, has helped me with a variety of tools such as an online food diary, forums and target setting.

I have therefore put together this small selection of dishes giving approximate calorie and fat gram information for each. They represent the type of meals I have been having at The Swan that have helped me to still enjoy the food I love but to also drop the pounds. I hope you find that you can still enjoy your social life while counting the calories too!

Kirsty