

Elan Spa Bento Boards...

Middle Eastern

(G-M-SU-SE) 1356 kcal

Hummus
Crudités & Pitta bread
~~
Bulgur wheat salad
Spiced chicken breast
Tzatziki
~~
Fresh fruit skewers

Vegetarian & Vegan

(G-SU-SE) 1078 kcal

Hummus
Crudités & Pitta bread
~~
Bulgur wheat salad
Chickpea falafel
Lemon dressing
~~
Fresh fruit skewers

Oriental

(F-G-E-M-SU-SE-MU-S) 794 kcal

Vegetable spring roll
Sweet chilli dip
~~
Oriental noodle salad
Miso glazed pan seared salmon
Sesame glazed broccoli & corn
~~
Fresh fruit skewers

Vegetarian & Vegan

(G-SU-SE-MU-S) 760 kcal

Vegetable spring roll
Sweet chilli dip
~~
Oriental noodle salad
Miso glazed grilled tofu
Sesame glazed broccoli & corn
~~
Fresh fruit skewers

Mexican

(G-M-SU) 932 kcal

Homemade tortilla crisps
Guacamole & sour cream
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Green bean & sweetcorn salad
Beef chilli
Steamed white rice
~~
Fresh fruit skewers

Vegetarian & Vegan

(G-M-SU-S) 904 kcal

Homemade tortilla crisps
Guacamole
~~
Green bean & sweetcorn salad
Quorn chilli
Steamed white rice
~~
Fresh fruit skewers

Bento Boards are price at £27.50 per person

Allergen Index - If you have any food allergies or intolerances please talk to a member of the team.

F=Fish / E=Egg / L=Lupin / MO=Molluscs / S=Soya / M=Milk / C=Celery / MU=Mustard
G=Gluten / P=Peanuts / SE=Sesame / NU=Tree Nuts / CR=Crustaceans / SU=Sulphur Dioxide

The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.