

Eat-Well Menu

MAINS

seared salmon with fennel, green beans & tomato broth.....\$168
Calories - 310, Carbs - 17g, Protein - 28g, Total fat - 15g

grilled spiced steak with palm heart & tomato salsa.....\$198
Calories - 170, Carbs - 11g, Protein - 25g, Total fat - 4.5g

organic whole-wheat spaghetti with organic rocket, cherry tomatoes & shrimp.....\$108
Calories - 210, Carbs - 19g, Protein - 21g, Total fat - 6g

beef & bean chili\$138
Calories - 330, Carbs - 45g, Protein - 27g, Total fat - 6g

Jamaican chicken with rice & bean salad\$148
Calories - 370, Carbs - 25g, Protein - 29g, Total fat - 16g

grilled tuna steak with mango, chili salsa & grilled asparagus.....\$158
Calories - 290, Carbs - 19g, Protein - 37g, Total fat - 8g

grilled chicken breast with barley & mushroom risotto.....\$148
Calories - 370, Carbs - 36g, Protein - 39g, Total fat - 7g

grilled sea bass with zucchini & bell pepper jus.....\$198
Calories - 300, Carbs - 6g, Protein - 50g, Total fat - 8g

organic whole-wheat penne with roasted tomato, olives, basil,
spinach & skimmed mozzarella (v)\$108
Calories - 380, Carbs - 52g, Protein - 15g, Total fat - 12g

pasta & spinach bake.....\$108
Calories - 340, Carbs - 24g, Protein - 23g, Total fat - 18g

healthy fried chicken\$148
Calories - 430, Carbs - 28g, Protein - 56g, Total fat - 10g

Caesar salad with grilled chicken.....\$108
Calories - 270, Carbs - 11g, Protein - 27g, Total fat - 13g

