



MILLENNIUM  
HOTELS AND RESORTS  
MILLENNIUM • COPTHORNE

# healthy OPTIONS



# Watercress Soup

SERVED EITHER HOT OR CHILLED

£4.50

Calories



Fat



Saturates



# Tomato and Basil Bruschetta

WITH A BALSAMIC REDUCTION AND SEASONAL LEAVES

£6.95

Calories



Fat



Saturates



# Toasted Bacon, Avocado & Tomato Sandwich

SERVED ON RYE BREAD WITH SIDE SALAD

£6.95

Calories



Fat



Saturates



Gratuities are discretionary.

For those with special dietary requirements or allergies who may wish to know the ingredients within the dishes, please consult with your server. GDA information provided by Food and Drink Federation and correct as at March 2011

# Grilled Chicken Breast

SERVED OVER ROASTED VEGETABLES

£11.95

Calories

258  
kcal 13%

Fat

12.4g 18%

Saturates

26g 13%

# Salmon & Ginger Fishcakes

WITH A SWEET & SOUR SALAD

£11.95

Calories

281  
kcal 14%

Fat

14.9g 21%

Saturates

26g 13%

# Reduced Fat Strawberry Cheesecake

WITH A LIGHT STRAWBERRY COULIS

£4.50

Calories

245  
kcal 12%

Fat

6.4g 9%

Saturates

12g 6%

All dishes are served from 11.00am – 10.00pm and menu items are subject to availability.  
A £3.00 tray charge will be added to all room service orders and prices are inclusive of VAT.

