

# 'Still Stay Slim..'

## Menu

### SOUPS

€ 4.95

**'Stay Slim Super Soup..'** (ACCELERATES WEIGHT LOSS)  
CHUNKY LENTIL, BEAN, VEGETABLE SOUP SERVED WITH TWO CRISP BREAD AND 'LOW LOW' SPREAD

**SOUP OF THE DAY ...** (HOME MADE ... NO MSG)  
SERVED WITH 1 SLICE OF WHOLE MEAL LOAF BREAD & 'LOW LOW' SPREAD

**SALADS.., "As You Like Them...,"**  
A GENEROUS SALAD OF ALL THAT'S 'GOOD' TOPPED WITH

**SLICED STEAK** - 8OZ STRIP LOIN COOKED TO YOUR LIKING,  
WITH SALSA DRESSING & BAKED POTATO €13.95

**WARM STEAMED CHICKEN**  
PENNE PASTA & THAI DRESSING € 8.50

**NICOISE**  
TUNA CHUNKS, POTATO, HARDBOILED EGGS, BLACK OLIVES  
IN A VINAIGRETTE DRESSING € 8.50

**SMOKED SALMON** WITH HONEY & MUSTARD DRESSING € 8.95

**BAKED POTATOES..,** WITH SALAD  
TOPPED WITH...

**SMOKED SALMON AND DILL** INFUSED LOW FAT CREAM CHEESE, € 9.50

TUNA CHUNKS , SWEET CORN AND LOW FAT MAYO € 8.50

"BALL "OGNESE MEATBALLS AND RATATOUILLE ..  
WITH FAT FREE GARLIC & YOGURT DRESSING € 7.95

### HOT FAVOURITES..,

**CHICKEN PESTO PASTA** WITH SUN-DRIED TOMATO & PEPPERS €10.95

**SPAGHETTI "BALL "OGNESE**  
MEATBALLS IN A BOLOGNESE PASATTA BASE SAUCE €10.95

**FRITTATA...**  
OVEN BAKED VEGETARIAN OMELETTE WITH SESAME CRISP BREADS € 7.50

**WARM CHICKEN-BACON COUSCOUS BOWL.....**  
CHICK PEAS, ROASTED VEG , CHICKEN & BACON PIECES €10.50

**HEARTY BEEF CASSEROLE** WITH POTATO CHUNKS €11.95

**BAKED HADDOCK** TOPPED WITH CHERRY TOMATO & GRATED PARMESAN  
SERVED WITH SAVORY PASTA €11.95

**SIDE ORDERS** € 2.95

MIXED SALAD, BAKED POTATO, STIR FRIED MIXED VEGETABLES, SAVOURY COUSCOUS  
PENNE PASTA, SESAME CRISP BREADS