



BRITANNIA RESTAURANT

Dinner

CANYON RANCH SPA SELECTIONS

Appetizer — Smoked Trout with Tomatoes 91/4/1
Entrée — Sautéed Mediterranean Chicken 419/11/4
Dessert — Seasonal Fruit Parfait 55/14/0

APPETIZERS & SOUPS

Pacific Prawns, Tossed Seasonal Herb Salad, Brandy Chive Cream
Marinated Artichokes and Olives, Tomato Dressing
Frog Legs Provençal
Chicken and Corn Chowder
French Onion Soup

SALADS

Mixed Vegetable Salad, Belgian Endive and White Balsamic Dressing



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ENTRÉES

Fettuccine with Wild Mushrooms, Champagne and Chives

Pan-seared Fresh Cod Fillet, Wilted Bok Choy, Mustard Grain Sauce

Supreme of Chicken “Kiev”, Stuffed with Herb Butter, Snow Peas, Rice Pilaf

Roast Leg of Spring Lamb, Ratatouille Lyonnaise Potato, Redcurrant and Rosemary Reduction

Home-made Spanakopita on Tomato Coulis (V)

Twice-baked Potato with Re-fried Beans on Guacamole Salsa (V)

DESSERTS

Chocolate Marquise with a Bitter Orange Coulis

Butterscotch Pie with Toffee Sauce

Bread and Butter Pudding with Sultanas, Lemon, Vanilla Sauce

Sugar-free Blossom Honey and Almond Mousse

Maple Nut and Chocolate Ice Creams and Vanilla Frozen Yoghurt, Cassis Sauce

Cheese Selection with Brie, Gorgonzolla, Provolone and English Cheddar

Nutrition Key: Calories / Fat Grams / Fibre Grams (V) Indicates dishes suitable for Lacto-ovo-vegetarians