

OASIS POOL

LIGHT MEALS AND SALADS

Rice paper wrap [Ⓥ] [Ⓝ]

sprouts, avocado, lettuce, spinach, radish, cucumber, spring onion and carrot seasoned with lemon, mint and coriander; served with a spiced peanut sauce
add prawn

Caesar salad [Ⓥ]

baby gem lettuce, garlic croutons, shaved parmesan and a Caesar dressing

Greek salad [Ⓥ]

tomato, feta, lettuce, onion, cucumber, olives, and peppers with a light herb dressing

Roasted butternut quinoa salad [Ⓥ] [Ⓝ]

millet, sunflower seeds, sesame, cashew nuts, goji berries, dried cranberries, apple, feta, parsley, spring onions, sprouts and pea shoots

Tomato and buffalo mozzarella salad [Ⓥ]

with basil dressed in olive oil and lemon; served with rocket

DIY salad

part one: select up to **six**

lettuce - select one or two

ice berg, rocket, baby gem, herb mix

raw vegetables or fruit

cucumber, carrot, apple, orange segments, celery, cocktail tomatoes, tomato wedges, green pepper, red pepper, red onion, quinoa, avocado, baby marrow

cooked vegetables

roasted peppers, roasted butternut, broccoli, new potatoes, corn green beans, beetroot, asparagus, roasted onion, grilled brinjal

part two: select up to **two**

dried

cranberries, raisins, walnuts, almonds, sesame, sunflower, pumpkin seeds

grains and pulses

quinoa, millet, barley, chick peas, lentils

part three: select **one**

other

calamata olives, green olives, capers, artichokes

part four: select **one**

cheese

feta, blue cheese, haloumi, parmesan, gouda or mozzarella

part five: select **one**

protein

tinned tuna, chicken breast, anchovies, seared beef or crispy bacon

part six: select **one**

dressing

lemon, balsamic, soya and honey, chili and lime, peanut or yoghurt and herb

130 Pizza

margherita, tomato, mozzarella

125

add up to 3 toppings: -

95

chorizo, bacon, ham, salami, chicken, garlic, mushrooms, peppers, chilli, pineapple, anchovies, avocado, feta or sweet piquant peppers

250

165

MNH beef burger

185

100% pure beef burger, toasted sesame bun, mature cheddar, pickled cucumbers, tomato, lettuce, brinjal and tomato chutney and red onion; served with fries, potato wedges or a side salad

165

130

Club sandwich

175

chicken breast, bacon, avocado, tomato, cheddar, mayonnaise, lettuce on white or whole wheat bread, with fries, potato wedges or a side salad

175

Toasted or plain sandwiches

145

white or whole wheat bread with your choice of: smoked salmon, ham, tomato, cheddar cheese, egg salad, roast beef, tuna or chicken mayonnaise; served with fries, potato wedges or a side salad

175

Chicken wrap

160

breast, shredded ice berg lettuce, coleslaw, pineapple, avocado, hummus and mayonnaise; served with fries, potato wedges or a side salad

Vegetable mezze [Ⓥ]

155

grilled pita with roast vegetables, hummus, olive tapenade and falafel

Prego roll

170

with beef or chicken in a peri peri sauce with tomato, lettuce, sautéed onions; served with fries, potato wedges or a side salad

DESSERTS

Fresh cut seasonal fruit selection

105

with home-made berry sorbet

Cake of the day

80

Baked cheese cake

80

served with chantilly cream and granadilla coulis

Ice cream coupe

95

chocolate chip, salted caramel, vanilla or mixed berry

Sorbet coupe

95

berry, lemon and mixed fruit

Milkshakes

80

strawberry, chocolate, vanilla