



Healthier Eating at Red Lion Pinwall

Since joining Slimming World in July 2010 we have been very aware and conscious of offering a healthier menu to our customers. This included ensuring our meats are grilled and baked with no added fat and more salads available. We are able to change many dishes to ensure a healthier meal. Also Shelly is happy to cook her version of Slimming World chips (which are completely sin free). However please be aware that they do take approximately one hour to cook so impact on your wait time.

Why not ask for sauces and dressings to be served on the side so you have control. If you wish bring in your favourite low fat/fat free dressings for the salads. We are happy for you to use them just ask for your salad without dressing.

Jacket potatoes and sandwiches can be prepared without butter, please just ask.

Some of the healthier options on the menu include:

- Prawn Platter *dressing and sauce on the side*
- Chicken Skewers *these are baked not fried*
- Minestrone Soup and Chicken Broth *Both these soups are completely fat free and packed full of goodness – watch that bread roll though! Both soups are free on Slimming World Extra Easy*
- Salad bowls *lovely and healthy but do ask for the dressing on the side*
- All the meats from the Chargrill *are fine but swap chips for Slimming World ones, jacket potato or salad. Our mushrooms are usually cooked with butter so please just let us know if you wish to change it*
- Fancy sausage and mash – *no problem! Ask for the quorne sausages (low in fat and free on Slimming World) the mash without butter/cream and there you are low fat comfort food*
- Baked Salmon *if the sauce is on the side or not at all*
- Chilli con Quorne *without the nachos makes a great spicy low fat meal and is sin free on Slimming World!*
- On our snacks menu *you have choices from jacket potatoes (please ask for no butter) brown bread sandwiches and beans on toast (ask for brown bread)*
- Desserts *are more difficult however we do offer fresh fruit salad and that is all that is in it – fresh fruit chopped and mixed to order*