

# HEALTHY LIVING MENU

G U S T O  
RESTAURANT AND BAR



# HEALTHY LIVING MENU

The Healthy Living Menu has been especially developed for GUSTO by Living Ventures' Executive Chef John Branagan in partnership with nutritional biochemist Jeannette Jackson, BSc (Hons) and in association with the Adidas Wellness Clinics. The Healthy Living Menu not only promotes, optimises and helps maintain good health it also combines intense flavours and an extensive selection of ingredients that belies the old saying that "if it's good for you it can't be interesting"

At the heart of our Healthy Living Menu, like the GUSTO main menu, is the selection of high quality fresh organic ingredients and cooking practises that do not rely on the use of excessive fat, sugar or salt but maximises nutritional content. The result is a diverse selection of fabulous dishes that not only promote good health but cater for those with special requirements such as diabetes, high blood pressure and high cholesterol.

We have had each dish assessed to give its calorie count as well as fat, carbohydrate, fibre and cholesterol properties. These are listed underneath each item along with the percentage of the recommended guideline intake for an average adult. Each dish has then been assessed against the table below detailing essential healthy characteristics.

	PROPERTIES
<b>A</b>	<b>Active Healthy Heart:</b> Low in saturated fat, high in unsaturated fat and fibre, for people wanting to lower cholesterol levels. Contains magnesium and potassium to help maintain healthy heart and core muscle function.
<b>B</b>	<b>Boost Immune System:</b> Rich in omega 3 fatty acids and micro-nutrients that help support the immune system. Excellent for those with high cholesterol and high blood pressure.
<b>C</b>	<b>Calcium Rich:</b> Calcium-rich foods boost the body's ability to burn fat after a meal because they increase fat oxidation. Calcium has also been shown to protect against breast cancer.
<b>D</b>	<b>Detoxifying:</b> Contains anti-aging superfoods rich in antioxidants and enzymes that help to combat free radical damage and therefore help you stay looking younger
<b>E</b>	<b>Energy Boosting:</b> Sensational power foods high in B vitamins and vital minerals. Rich in fibre to keep you energised and feeling fuller for longer.
<b>F</b>	<b>For Low Carb meals:</b> The combination of lean protein and complex carbohydrates gives the body a steady flow of energy. Ideal for late night dining and for those following a low-carb diet. Suitable for diabetics.
<b>G</b>	<b>Skinny G:</b> Suitable for slimmers and those watching the calories. Whilst the recommended daily calorie intake varies for the individual, the UK Department for Health suggests a daily calorie intake of 1400 for women and 2550 for men

## STARTERS

- ✓ **ADG** Spring pea and mint soup £4.50  
*119 kcal (6%), 3.30g (4.8%) fat of which 0.70g (3.5%) saturated, 16.50g (7.1%) total carbohydrates, 0.95g (15.8%) salt*
- FEG** Tuscan ham and melon £6.50  
*104 kcal (5.2%), 5.00g (7.1%) fat of which 1.90g (9.5%) saturated, 6.60g (2.9%) total carbohydrates, 0.80g (13.3%) salt*
- ABEFG** Chicken skewers with pancetta and a sweet tomato and balsamic salsa £5.95  
*202 kcal (10.1%), 7.30g (10.4%) fat of which 1.70g (0.09%) saturated, 0.60g (0.26%) total carbohydrates, 0.50g (8.3%) salt*
- GEF** Beef carpaccio £7.95  
*104 kcal (5%), 6.70g (10%) fat of which 1.70g (9%) saturated, 1.30g (1%) total carbohydrates, 0.48g (8%) salt*
- ✓ **BCE** Warm figs, walnut and goat's cheese raisin bread bruschetta with a warm honey and butter drizzle £5.95  
*220 kcal (11%), 14.70g (21%) fat of which 3.90g (19.5%) saturated, 10.90g (4.7%) total carbohydrates, 1.00g (16.6%) salt*
- ✓ **BCDG** Quorn and vegetable broth, with baby spinach, mushrooms, carrots, shallots, spring onion, fresh chillies and soft herbs, finished with balsamic vinegar. £4.50  
*93.70 kcal (5%), 4.86g (7%) fat of which 1.85g (9%) saturated, 1.39g (1%) total carbohydrates, 0.74g (12.5%) salt*



## SALADS

- A E F G** Salad Niçoise with seared tuna, boiled egg, green beans, tomato and new potatoes £11.75  
*273 kcal (14%), 9.10g (13%) fat of which 1.80g (9%) saturated, 0.00g (0%) total carbohydrates, 0.40g (8%) salt*
- ✓ **BDE** Apple, gorgonzola, walnut with baby gem and spinach £8.95  
*296 kcal (15%), 25.10g (36%) fat of which 10.70g (53%) saturated, 4.70g (2%) total carbohydrates, 0.32g (5%) salt*

# MAINS

**EFG** Flattened 28 day aged rump steak £12.95  
seasoned with a hint of chilli, garlic,  
peppercorn and salt with rocket

*420 kcal (21%), 20.30g (29%) fat of which 9.90g (50%) saturated,  
5.60g (3%) total carbohydrates, 0.38g (6%) salt*

**FD** Chargrilled lamb cutlets £14.95  
with crushed minted peas and a light  
red wine jus

*367 kcal (18.4%), 22.40g (58.4%) fat of which 9.90g (49.5%)  
saturated, 15.10g (6.6%) total carbohydrates, 2.10g (35%) salt*

**ADEFG** Roasted chicken breast £12.95  
dressed with lemon and thyme, puy lentils  
and green beans

*391 kcal (20%), 14.50g (21%) fat of which 4.00g (20%) saturated,  
2.60g (1%) total carbohydrates, 0.46g (8%) salt*

**ABEFG** Salt baked seabass with orange £16.95  
and fennel

*125 kcal (6%), 8.20g (12%) fat of which 2.50g (13%) saturated,  
0.00g (0%) total carbohydrates, 0.72g (12%) salt*

**ABDEFG** Pan fried fillets of dorada £12.95  
with sun dried tomato oil served with fresh  
lemon risotto

*417 kcal (20.9%), 13.40g (19.1%) fat of which 3.30g (67.0%)  
saturated, 35.00g (15.2%) total carbohydrates, 1.60g (26.7%) salt*

**BDEFG** Seared sashimi grade tuna loin £14.95  
with rocket and coriander salsa

*234 kcal (12%), 2.10g (3%) fat of which 0.30g (2%) saturated,  
9.60g (4%) total carbohydrates, 0.75g (12%) salt*



(%) of an adult's recommended guideline daily amount

Discretionary 10% Service Charge

will be added to your bill for parties of 6 or more.

All prices include VAT at the current rate. ✓ = suitable for vegetarians  
not suitable for vegans, cheese may not be made with  
vegetable rennet.

Our dishes may contain nuts or nut traces.

# PIZZA, PASTA AND RISOTTO

✓ **B E G** Penne pasta in a chilli, tomato and red pepper sauce £8.50

*729 kcal (36.5%), 24.80g (35.4%) fat of which 3.40g (17%) saturated, 107.70g (46.8%) total carbohydrates, 1.70g (28.3%) salt*

**E** Spaghetti Bolognese in a traditional tomato and minced beef sauce £8.50

*520 kcal (26%), 13.10g (19%) fat of which 4.20g (21%) saturated, 69.90g (26%) total carbohydrates, 2.25g (38%) salt*

**B E G** Seafood Risotto with tiger prawns, mussels, calamari complimented by saffron £9.95

*400 kcal (20%), 11.00g (16%) fat of which 4.20g (21%) saturated, 58.30g (22%) total carbohydrates, 1.30g (22%) salt*

✓ **B E G** Orange, fennel and quorn risotto with diced chilli and fresh beansprouts £8.95

*496 kcal (25%), 2.60g (4%) fat of which 1.10g (6%) saturated, 90.80g (34%) total carbohydrates, 1.10g (18%) salt*

**A B E** Linguini garlic prawns with tomatoes, chilli and rocket £9.50

*588 kcal (29.4%), 15.60g (52.4%) fat of which 2.30g (11.5%) saturated, 88.50g (38.5%) total carbohydrates, 2.00g (33.3%) salt*

✓ **B D E** Spaghetti tossed in a light tomato ragu and basil £6.95

*686 kcal (34%), 18.00g (44.7%) fat of which 2.70g (13.5%) saturated, 110.9g (48.2%) total carbohydrates, 1.50g (25%) salt*

**E** Peking Pizza – Roasted crispy duck on a hoi sin base with spring onion and cucumber £9.50

*745 kcal (37.3%), 17.10g (24.4%) fat of which 4.10g (20.5%) saturated, 114.60g (49.8%) total carbohydrates, 2.40g (40%) salt*



## SIDES

**ABDEG** Sugar snap peas £2.95

*50 kcal (2.5%), 2.40g (3.4%) fat of which 0.30g (1.5%) saturated, 5.00g (2.2%) total carbohydrates, 0.20g (3.3%) salt*

**ABDEG** Spinach tossed in olive oil £3.50

*35 kcal (2%), 1.80g (2%) fat of which 0.30g (2%) saturated, 1.60g (0.6%) total carbohydrates, 0.13g (2%) salt*

**ABDEG** Fine green beans with shallots £2.95

*41 kcal (2%), 2.60g (4%) fat of which 0.70g (4%) saturated, 2.60g (1%) total carbohydrates, 0.06g (1%) salt*

**ABDEG** Baked rosemary and garlic potatoes £2.95

*177 kcal (9%), 5.20g (7%) fat of which 0.70g (4%) saturated, 28.50g (11%) total carbohydrates, 0.20g (3%) salt*



## DESSERTS

**D** Three scoop vanilla ice cream coupe with toasted almond flakes £3.95

*252 kcal (12.6%), 12.70g (18.1%) fat of which 6.90g (34.5%) saturated, 27.80g (12.1%) total carbohydrates, 0.10g (1.7%) salt*

**BDE** Warm pear and almond tart with vanilla ice cream £5.50

*488 kcal (24.4%), 26.30g (37.6%) fat of which 9.50g (47.5%) saturated, 54.90g (23.9%) total carbohydrates, 0.30g (5%) salt*

**ADEFG** Lemon sorbet £3.95

*116 kcal (5.8%), 0.30g (0.43%) fat of which 0.30g (1.5%) saturated, 28.20g (12.3%) total carbohydrates, 0.10g (1.7%) salt*



(%) of an adult's recommended guideline daily amount

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