

# HEALTHY LIVING MENU



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

ICON	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 1940 for women and 2550 for men

## STARTERS

✓ **BDE** Roasted tomato and red pepper soup £3.95

*123 kcal (6%), 9.20g (13%) fat of which 2.60g (13%) saturated,  
7.40g (3%) total carbohydrates, 1.03g (17%) salt*

**AFG** Skewered chicken with lemon and honey marinade £5.95

*157 kcal (8%), 1.50g (2%) fat of which 0.40g (2%) saturated,  
0.30g (0.12%) total carbohydrates, 0.13g (2%) 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*

**AEG** Lemon marinated prawns, squid and mussels on baby shoots and spinach £6.95

*175 kcal (9%), 12.50g (18%) fat of which 2.80g (14%) saturated,  
1.10g (0.5%) total carbohydrates, 0.46g (8%) salt*

✓ **BCD G** 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, 1.49g (25%) salt*



## SALADS

**DFG** Grilled chicken, beetroot, broad bean and baby spinach salad with a lemon dressing £8.75

*241 kcal (12%), 9.10g (13%) fat of which 1.50g (8%) saturated,  
7.60g (3%) total carbohydrates, 0.67g (11%) salt*

**A E F G** Salad Niçoise with seared tuna, free range boiled egg, green beans, tomato and new potatoes £10.75

*273 kcal (14%), 9.10g (13%) fat of which 1.80g (9%) saturated,  
0.00g (0%) total carbohydrates, 0.40g (8%) salt*

✓ **BCDE G** Beetroot and goats' cheese salad with mixed green leaves and reduced balsamic dressing £8.95

*233 kcal (12%), 17.50g (25%) fat of which 8.10g (53%) saturated,  
7.80g (4%) total carbohydrates, 0.39g (7%) 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*

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

## MAINS

**A D E F G** Roasted chicken breast £11.95  
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*

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

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

**B D E F G** Seared sashimi grade tuna loin £14.95  
with wild 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*

**E F G** Flattened 28 day aged fillet steak £18.95  
seasoned with a hint of chilli, garlic,  
peppercorn and salt with rocket

*470 kcal (24%), 20.30g (29%) fat of which 9.90g (50%) saturated,  
5.60g (3%) total carbohydrates, 0.38g (6%) salt*

**A B E F G** 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*

**A B D G** Oven baked Dorado £13.95  
with spring onion, baby leeks, potato,  
olives and rosemary

*438 kcal (22%), 23.70g (34%) fat of which 5.00g (25%) saturated,  
18.70g (7%) total carbohydrates, 0.55g (9%) salt*

**A B E** Lobster and spaghetti with chilli £18.45  
and garlic in a light tomato sauce

*570 kcal (29%), 18.20g (26%) fat of which 3.60g (18%) saturated,  
70.30g (26%) total carbohydrates, 0.93g (15%) salt*

**B E G** Seafood Risotto £9.50  
with tiger prawns, mussels, calamari  
complimented by saffron

*400 kcal (20%), 11.00g (16%) fat of which 4.20g (21%) saturated,  
58.30g (22%) total carbohydrates, 1.30g (22%) 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. **v** = suitable for vegetarians  
not suitable for vegans, cheese may not be made with  
vegetable rennet.

Our dishes may contain nuts or nut traces.

## PASTA

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

*421 kcal (21%), 16.40g (23%) fat of which 4.10g (21%) saturated, 50.40g (19%) total carbohydrates, 1.59g (27%) salt*

**E** Spaghetti Bolognese in a traditional tomato and minced beef sauce £8.95

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



## SIDES

**B D G** Roasted beetroot £2.95

*53 kcal (3%), 0.90g (1%) fat of which 0.20g (1%) saturated, 9.40g (4%) total carbohydrates, 0.12g (2%) salt*

**A B D E G** 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*

**A B D E G** 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*

**A B D E G** 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 E G** Apple, orange and mint fruit salad with blueberry compote and toasted almonds £3.95

*78 kcal (4%), 1.00g (1%) fat of which 0.3g (2%) saturated, 15.30g (6%) total carbohydrates, 0.05g (1%) salt*

**A D E G** Grilled baby banana with raspberry and lemon sorbet £4.45

*177 kcal (9%), 1.30g (2%) fat of which 0.40g (2%) saturated, 39.40g (15%) total carbohydrates, 0.05g (1%) salt*

## COMPLETE HEALTH MENU

Perfect for people with a busy lifestyle, offering a delicious meal for **under 700 calories**.

### MENU A

£18.95

#### STARTER

**A F G** Skewered chicken with lemon and honey marinade

#### MAIN

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

#### DESSERT

**D E G** Apple, orange and mint fruit salad with blueberry compote and toasted almonds

*635 kcal (32%), 13.5g (19%) fat of which 4.90g (25%) saturated, 73.90g (28%) total carbohydrates, 1.48 (25%) salt*



### MENU B

£19.95

#### STARTER

✓ **B D E** Roasted tomato and red pepper soup

#### MAIN

**A D E F G** Roasted chicken breast dressed with lemon and thyme, puy lentils and green beans

#### DESSERT

**A D E G** Grilled baby banana with raspberry and lemon sorbet

*691 kcal (35%), 25.00g (36%) fat of which 7.00g (35%) saturated, 49.40g (18%) total carbohydrates, 1.54g (26%) salt*

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



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