

GLUTEN FREE MENU

BREAKFAST

From The Buffet Table...

Teas and Coffee with Milk, Fruit Juice

Selection of Fresh Tropical Fruits (Pineapple, Mango, Watermelon, Orange, Banana, Papaya.)

Sweet Treats: GF Ginger Biscuits, GF Chocolate Banana Muffin, Sticky Rice Cakes, Oat Flapjacks.

Hot From The Kitchen...

Grilled Tomatoes

Fried Sweet Potato

Eggs (boiled, fried, poached, omelette, spanish)

LUNCH

Light Picnic Lunches...

Green Salad or Coleslaw with...

Potato and Egg Salad

Tropical Chicken Rice Salad

GF Cheesy Potato Cakes

Vegetable Frittata

...and a selection of fruits, teas, coffee, juice, soft drinks.

Lunches in Camp...

GF Breaded Fish and Chips with Tartar Sauce and Salad

Steak and Potato Wedges with Coleslaw

Grilled Tilapia and with Mango Salsa and Coconut Rice

...fresh fruit salad

DINNER

Starters...

Beef Mishkaki with Courgette Salad

GF Fish fingers with tartar sauce and salad

Mini Aubergine Parmigiana – or Cheesy Aubergine Stacks

Pumpkin/Butternut/Cucumber Soup

Honey BBQ Chicken with Salad

Mains...

Pepper Steak with Potato Wedges and Green Vegetables

Beef Stroganoff with Rice

Beef Moussaka with Vegetables

Steamed Nile Perch with Pumpkin Mash and Buttery Spinach

Nile Perch in Coconut Sauce with Rice and Pan-Fried Aubergine

Grilled Tilapia with Mango Salsa and Coconut Rice

Stuffed Chicken with Roast Potatoes, Gravy and Vegetables

Chicken Curry with Jeera Rice

Desserts...

GF Chocolate Cake

Rum-Flamed Pineapple with Coconut Ice Cream

Zanzibass

Chocolate Mousse

Banoffee Meringue Roulade

Passionfruit Pavlova