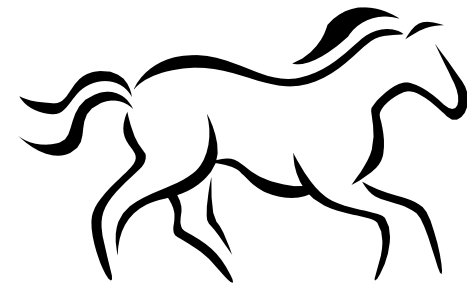


Healthy Living Menu



The White Horse
at Eaton Socon



The White Horse
103 Great North Road, Eaton Socon
St. Neots Cambs PE19 8EL
Tel:- 01480 474453
www.whitehorseonline.co.uk

Please ensure the Bar Staff are aware that you
are ordering off this Menu

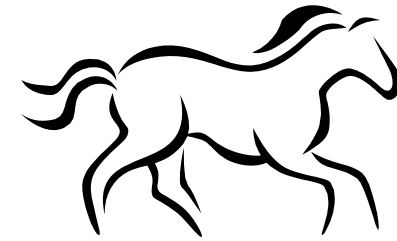
The White Horse, Eaton SOCON

Often referred to as a 13th century coaching inn,
there has been an inn of some description here, serving
travellers, locals and people of importance for over 700 years

During the Winter Months
Our Kitchen is Open

	Lunch	Evening
Monday	12noon - 2.30pm	6.00pm - 8.00pm
Tuesday	12noon - 2.30pm	6.30pm - 9.30pm
Wednesday	12noon - 2.30pm	6.30pm - 9.30pm
Thursday	12noon - 2.30pm	6.30pm - 9.30pm
Friday	12noon - 2.30pm	6.30pm - 9.30pm
Saturday	12noon - 3.00pm	6.30pm - 9.30pm
Sunday	12noon - 3.00pm	6.00pm - 8.00pm

When it comes to our food,
we take care to turn the finest fresh ingredients
into something that is delicious



Welcome to our
New Healthy Living Menu
In conjunction with Slimming World

To maintain a high quality, the majority of our menu is home
produced and cooked fresh to order.
We will endeavour to keep your waiting time to a minimum.

Please feel free to pass any constructive comments
on the food or service to our staff,
to enable us to provide best service possible for our customers

Sandwiches (Served All Day Monday to Saturday)

All Freshly Made to Order

Served on two slices of Wholemeal Bread (400g Loaf), either as a Sandwich or as an Open Sandwich with no spread unless requested

Classic BLT (Bacon, Lettuce and Tomato)

Green - 2B Original - 1B Extra Easy - 1B

Warm Roast Sirloin of Beef & Horseradish (served on the side)

Green - 2B, (1S) Original - 1B, (1S) Extra Easy - 1B, (1S)

BBQ Beef with Slices of Raw Onions

Green - 2B, 2S Original - 1B, 2S Extra Easy - 1B, 2S

Breast of Chicken with a Crispy Salad

Green - 2B Original - 1B Extra Easy - 1B

Butchers Ham with Crisp Lettuce, Tomato & Cucumber

Green - 2B Original - 1B Extra Easy - 1B

Grated Cheese (Reduced Fat) with Pickle (served on the side)

Green - 1A, 1B (2S) Original - 1A,1B (2S) Extra Easy - 1A,1B (2S)

Grated Cheese (Reduced Fat) with Tomato

Green - 1A, 1B Original - 1A, 1B Extra Easy - 1A, 1B

Flaked Tuna with a Light Mayonnaise (served on the side)

Green - 2B, (5S) Original - 1B, (5S) Extra Easy - 1B, (5S)

£3.75

Smoked Salmon with Black Pepper and Light Crème Fraîche

Green - 1B, 3.5S Original - 1B, 1.5S Extra Easy - 1B, 1.5S

£4.25



Toast (Served All Day Monday to Saturday)

Served on two slices of Wholemeal Toast (400g Loaf), with no spread unless requested

Sliced Tomato topped with Melted Cheddar (Reduced Fat)

Green - 1A, 1B Original - 1A, 1B Extra Easy - 1A, 1B

Baked Beans on Toast

Green - 1B Original - 1B Extra Easy - 1B

Two Poached Eggs on Toast

Green - 1B Original - 1B Extra Easy - 1B

£3.75



Omelettes (Served All Day Monday to Saturday)

Freshly prepared home-made 3 Egg Omelettes, cooked with Fry-Light served with a Crisp Seasonal Salad

Reduced Fat Cheese and Onion (or Mushroom)

Green - 1A Original - 1A Extra Easy - 1A

Butchers Ham and Mushrooms (or Onions)

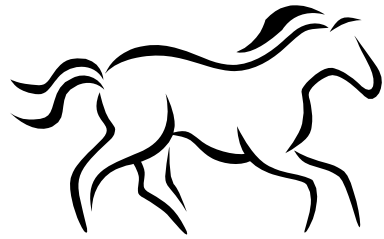
Green - 1B Original - Free Extra Easy - Free

Reduced Fat Cheese and Lean Bacon

Green - 1A, 1B Original - 1A Extra Easy - 1A

£5.25





Jacket Potatoes (Served All Day Monday to Saturday)

Jacket Potatoes (280g - with No Butter unless requested)
served with a Fresh Seasonal Side Salad

Melted Cheddar (Reduced Fat)

Green - 1A Original - 1A, 20S Extra Easy - 1A

Melted Cheddar (Reduced Fat) and Baked Beans

Green - 1A Original - 1A, 1B, 20S Extra Easy - 1A

Chicken & Sweetcorn with (Reduced Fat) Mayonnaise (on the side)

Green - 1B, (5S) Original - 20S, (5S) Extra Easy - Free, (5S)

Tuna & Sweetcorn with (Reduced Fat) Mayonnaise (on the side)

Green - 1B, (5S) Original - 20S, (5S) Extra Easy - Free, (5S)

£4.95

Atlantic Prawn with (Reduced Fat) Marie Rose Sauce (on the side)

Green - 1B, (5S) Original - 20S, (5S) Extra Easy - Free, (5S)

Melted Cheddar (Reduced Fat) Baked Beans & (Lean) Crisp Bacon

Green - 1A, 1B Original - 1A, 1B, 20S Extra Easy - 1A

£5.45

Side Orders (Served All Day Monday to Saturday)

Mixed Leafy Seasonal Side Salad

£1.75

Green - Free

Original - Free

Extra Easy - Free



Starters (Served All Day Monday to Saturday)

Homemade Soup of the Day,

served with 2 Slices of Wholemeal Bread (400g Loaf) (v)

Green - 1B, 2S

Original - 1B, 2S

Extra Easy - 1B, 2S

£3.75

Smoked Salmon simply Garnished with Black Pepper and
Lemon served 2 Slices of Wholemeal Bread (400g Loaf)

Green - 2B

Original - 1B

Extra Easy - 1B

£4.95

Classic Prawn Cocktail served with (Reduced Fat) Marie Rose
Sauce (on the side) and 2 Slices of Wholemeal Bread (400g Loaf)

Green - 2B, (5S)

Original - 1B, (5S)

Extra Easy - 1B, (5S)

£4.95

Grilled Chicken Salad topped with Toasted Wholemeal
Croutons served with Light Caesar Dressing (on the side)

Green - 1.5B, (1S)

Original - 0.5B, (1S)

Extra Easy - 0.5B, (1S)

£4.95



Smart Choices (Served All Day Monday to Saturday)

Butcher's Ham topped with Poached Egg or Pineapple served with Side Salad and Jacket Potato (280g)

Green - 1B Original - 20S Extra Easy - Free
£5.25

Homemade Chilli con Carne with Rice (200g cooked weight) served with a seasonal Leafy side Salad

Green - 10S Original - 14S Extra Easy - Free
£7.25

Grilled Chicken Salad topped with Toasted Wholemeal Croutons served with Light Caesar Dressing (on the side)

Green - 2.5B, (1S) Original - 0.5B, (1S) Extra Easy - 0.5B, (1S)
£7.25

Warm Grilled Halloumi Salad served with a Light Balsamic Vinegar Dressing (on the side)

Green - 9S, (2.5S) Original - 9S, (2.5S) Extra Easy - 9S, (2.5S)
£7.25

Fresh Atlantic Prawn Salad with Light Crème Fraîche and 2 slices of Wholemeal Bread (400g)

Green - 2.5B, (2.5S) Original - 1B, (2.5S) Extra Easy - 1B, (2.5S)
£7.25

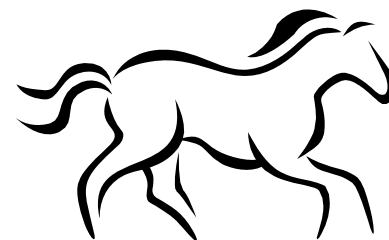
100Z Rump Steak (Approx. Raw Weight before Fat removed) served Lean with Jacket Potato, Grilled Tomato & Peas

Green - 16S Original - 20S Extra Easy - Free
£11.95



100Z Lean Gammon Steak (Approx. Raw Weight before Fat removed) and topped with Pineapple & (Fry Light) Fried Egg with a Light Cream Cheese Jacket Potato, Peas & a Grilled Tomato

Green - 18.5S Original - 22.5S Extra Easy - 2.5S
£10.25



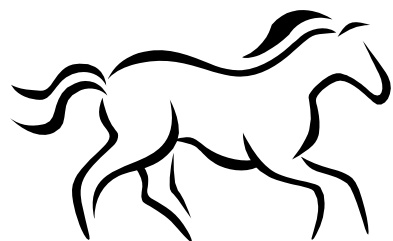
All Slimming World values are given as a guide only

For Further Information on Slimming World ring

Ursula on 01480 211568
St. Neots Community College, Eynesbury,
Tuesdays at 5.30pm & 7.30pm

Julie on 01480 210115
Jubilee Hall, Eaton Socon
Mondays at 7pm

Solveig on 01234 871356
Pilgrim Hall, United Reform Church, St. Neots
Wednesdays at 9.30am, 5.30pm & 7pm



Sunday Lunch

Sunday Food Service Hours

12 noon 3.00pm

and

6.00pm – 8.00pm

Our Sunday Lunch Menu changes each week
The menu will always include, a minimum of two Roasts
a Fish Dish and a Vegetarian Option

A sample Menu is shown

Slimming World Roast Potatoes can be arranged
providing booked in advance of arrival, otherwise New Potatoes are
normally available as a substitution on the day.

Starters

Homemade Soup of the Day

Smoked Salmon

simply garnished with Lemon and Parsley

Sweet Chilli Chicken Skewers

Melon with a Berry Compote

Main Course

Roast Topside of Beef served with Roast Potatoes,
Yorkshire Puddings and Fresh Seasonal Vegetables

Roast Loin of Pork, with Stuffing, Roast Potatoes
and Fresh Seasonal Vegetables

Salmon topped with a Dill and Orange Crust,
served with New Potatoes and Seasonal Vegetables

Mushroom and Chestnut Crumble with White Wine Sauce
served with New Potatoes and Seasonal Vegetables

Puddings

A wide Range of Puddings available
from the Dessert Board

2 Courses £9.95

3 Courses £12.95

