



January/February 2013 menu

Start your New Year health kick with a little help from Aubergine-Cuisine: low on calories, spiced just enough to speed up your metabolism, slow release energy to keep you going

Starters (£4.95)

Aubergine Cuisine's full flavoured soup of the day (v)

Quinoa and squash salad (v)(raw)

High quality protein, gluten free power food that supports stamina and quick recovery; cholesterol free; high in vitamins A and C

Curried ackee in a puri basket (v)

Ackee is a fruit grown in the Caribbean high in omega 6 oils; low in saturated fats and cholesterol; high in vitamins and low in calories

Courgette wraps (raw)

Marinated courgette slices filled with ricotta cheese, pine nuts and basil.

Courgettes are low calorie vegetables high in dietary fibre; high in protein and unsaturated fatty acids

Caribbean nachos

Corn nachos baked with mozzarella and jalapeno peppers.

Naughty but nice!

Main courses (£11.95)

Sweet potato, lentil and spinach stew with a black rice salad. (v)

A healthy stew infused with fresh thyme cumin and a dash of coconut milk.

Packed with foliate magnesium B vitamins and protein; low saturated fats and sugar; seasoned with sea salt.

Black bean burritos served with a brown rice pilau. (v)

Tortillas filled with black beans, olive, sweet potato and onions; flavoured with chilli flakes garlic and mustard: lightly baked.

Beans and rice become a complete source of protein; full of iron, calcium, 8 different antioxidants and fibre for controlled energy release.

All dishes are vegetarian; (V) indicates vegan. We will try our best to meet your gluten free and wheat free dietary needs, please discuss your needs with the staff who will liaise with the chef.

Here at Aubergine Cuisine, we pride ourselves in cooking healthy, nutritious and tasty food, from fresh products with a hint of naughtiness when you get to the desserts. Follow us on face book and twitter; we will also keep you up to date on our website: www.aubergine-cuisine.co.uk



Aubergine Cuisine's Moroccan Wellington served with fenugreek potatoes. (v)
Light pastry crust filled with spiced couscous, capsicums, cranberries, apricots, olives and our special spice mix.
Comfort food that remains healthy: low on fat and high on fibre

Ginger infused sesame tofu stir fry. (v)
An array of colourful fresh vegetables and sesame crusted tofu.
Low calorie and high in fibre in a powerful antioxidant sauce infused with sesame oil.

Smoked paprika gnocchi with spinach, mushrooms and cashew nuts. (v)
Low fat and filled with iron and protein balanced by good carbohydrate and fibre.

Additional side dishes (£2.95; no extra charge if swapped):

1. Raw kale salad tossed in a mixture of seeds, chopped tomatoes, shredded carrot and mint;

2. Spiced potato wedges

Desserts (4.95)

Chocolate and orange polenta cake (gluten free)

Pecan pie (v)(raw)

Pistachio, refreshing orange and mint desert served with yoghurt (v option)(raw)

Affogato (v)

Ice cream (v)

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