

Bistro B31 Healthy Eating Menu Page 1

Welcome to our new look Healthy eating menu, there are 4 simple steps to creating your very own dish and preferred calorie intake for each meal. Then our talented team of chefs will create your very own dish for you to reheat at your pleasure. Allergy information for each item is detailed on our Allergy Chart. The numbers next to each item (130 Cal) are the calorie intake for each selection. When placing your order please clearly state 1 choice from each selection for each dish that you order. We hope that this format is easy to follow and gives you more freedom to control your intake of calories. If you have any questions please do not hesitate to drop the team at Bistro B31 a message on 07909861213 Or by email bistroclubbistroatb31@gmail.com.

Step 1 Select your Protein

	Calorie		Calorie		Calorie
Tandori Chicken Steak	172	Poached Chicken	160	Pork Tenderloin	165
Lean Gammon Steaks	168	Peri Peri Chicken	195	Lemon Herb Chicken	195
Sweet Chilli Beef Steaks	225	Grilled Chicken	180	Cajun Chicken Steak	195
Char Grilled Beef Steaks	180	Lean Beef Mince	210	Lean Turkey Mince	180
Teriyaki Beef Steaks	210	Tuna Chucks	152	Turkey Steak	170
Sauteed Prawn	160	Poached Prawns	140	Grilled Salmon	210
Poached White Fish	140	Grilled White Fish	150	Poached Salmon	180
Lemon Herb Grilled Toffu	130	Quorn Pieces	92	Quorn Mince	180
Sweet Potato Bhajis	160	Wild Mushroom	112	Cauliflower Wings	150

Step 2 Select your Carb

	Calorie		Calorie		Calorie
Boiled Rice	120	Brown Rice	105	Wild Rice	210
Egg Fried Rice	150	Mexican Rice	145	Penne Pasta	140
Maccaroni Pasta	155	Spaghetti	160	Gnocchi	210
Mash Potato	150	Boiled Potato	120	Jacket Wedges	130
Pesto Mash	175	Tortellini Ricotta	197	Rosti Fritters	240
Seasoned Sweet Potato	130	Hasselback Potato	180	Sweet Potato Mash	145
Udon Noodles	170	Rice Noodles	115	Vegetable Chow Mein	210
Singapore Noodles	170	Cous Cous	140	Quinoa	165

Bistro Healthy Eating Menu Page 2

Step 3 Select your Sauce

	Calorie		Calorie		Calorie
Plum	120	Black Bean	110	Satay	140
Creamy Pesto	110	Arrabbiata	90	Spicy Chilli	95
Mac N Cheese	150	Jerk Gravy	90	Red Wine Gravy	90
Pico De Galo	60	Thai Red	120	Sticky BBQ	130
Katsu	160	Tikka Masala	120	Carbonara	130
Sweet and Sour	170	Parsley Sauce	115	Korma	110
Stroganoff	165	Peppercorn	105	Hoisin	185

Step 4 Select your Accompaniment

	Calorie		Calorie		Calorie
Paes and Corn	65	Spinach	20	Roasted Peppers	40
Green Beans	31	Kale	25	Peas and Carrots	45
Mixed Veg	70	Tender Stem-Baby Corn	72	Mediterranean Veg	90
Cauliflower Cheese	140	Dressed Salad	50	Coleslaw	90
Garlic Bread	180	Stir Fry Veg	70	Sliced Beetroot	45
Wild Mushroom	112	Chilli Asian Green	82	Pickled Red Cabbage	60
Taco Mixed Beans	85	Mushy Peas	85	Roasted Chick Peas	92

All meals are priced at £6.50 each or you can buy 4 meals for £24. Bistro Club members receive a further 15% discount. There is a one off £20 membership fee or a £10 deposit required on your first order for non members, We deliver this service every Monday and Thursday evening, all dishes can be reheated with 3-4 minutes by microwave. Cut off to order is no later than 10 am the day before delivery. Please get in touch to enquire about Bistro Club Membership packages and monthly meal plan deals.