

# THE GREYHOUND SKINNY MENU

## STARTERS

- Prawn Cocktail    £6.90    *Syn Free*  
Spicy Tomato Soup    £5.50    *Syn Free*  
Roasted Red Pepper Houmous with Crudities    £6.00    *Syn 2*  
(add a wholemeal pitta as your healthy extra B    £0.90    *Syn 6*)

## MAINS

*All Steaks chargrilled not fried and are served without fried onions but with peas*

- 12 oz Sirloin Steak    £19.95    *Syn Free*  
10 oz Filet Steak    £23.95    *Syn Free*  
12 oz Gammon Steak + Pineapple    £13.95    *Syn Free*  
Grilled Plaice    £11.95    *Syn Free*  
Grilled Cod    £12.95    *Syn Free*  
3 Bean Vegetable Chilli    £11.95    *Syn Free*  
Chicken Caesar Salad    £11.95    *Syn 2*  
Prawn Salad    £12.95    *Syn 4*  
The Greyhound Skinny Pizza    £12.95    *Syn 7*

## SIDES

- Jacket potato *(included)*    *Syn Free*  
New potatoes *(included)*    *Syn Free*  
Rice *(included)*    *Syn 1*  
Selection of 3 vegetables    £3.50    *Syn Free*  
Mixed Side Salad    £3.95    *Syn Free*

## DESSERTS

- Fresh Fruit Salad    £4.50    *Syn Free*  
Mango Sorbet    £2.30    *Syn 3*

THE GREYHOUND  
INN AND HOTEL

RURAL MONMOUTHSHIRE