

GAUCHO

DETOX LUNCH MENU

2 COURSES £24.50 | 3 COURSES £27.50

A REFRESHING START

DETOX JUICE

Cucumber, celery, apple and ginger
£3.50

STARTERS

SLOW ROASTED BEETS

Burnt orange, almonds
and watercress

*Low in fat

CRAB TOSTADA

Watermelon, cucumber
and chilli

*Low in calories

SAFFRON CHICKEN BROTH

Fine herbs and
red jalapeño

*Low in sodium

MAINS

SKIRT STEAK 200g

Horseradish crushed potatoes

*High in fibre

FEEL GOOD SPAGHETTI

Cherry tomatoes,
coriander and lime

*Low in calories

OVEN BAKED BREAM

Olive tapenade
and caperberries

*Low in fat

DESSERTS

TROPICAL FRUIT SALAD

Honey

*Low in sugar

COCONUT CHIA PUDDING

Kiwi fruit

*High in fibre

GAUCHO

RETOX LUNCH MENU

2 COURSES £24.50 | 3 COURSES £27.50

A REFRESHING START

HIGHLAND FLING

Naked Grouse, cardamom, pineapple juice and sweetened citrus. Finished with a spray of LaFée absinthe
£10.50

TANQUERAY NO. TEN & TONIC

Served with classic tonic water
£10.95

SILLY RABBIT

Hendrick's gin, Merlet pear liqueur, lemon juice and sugar shaken with basil leaves and egg whites
£9.95

STARTERS

CRISPY PORK BELLY

Plum tomato and jalapeño chutney

BEEF TAMALE

Soft polenta, slow cooked salt beef with apricots, raisins, wrapped and steamed in a corn husk

HUMITA EMPANADAS

Sweetcorn, provolone and chive

MAINS

SIRLOIN 200g

Chips or mixed salad and your choice of peppercorn, béarnaise, mushroom or blue cheese sauce

SLOW BRAISED BEEF SHORT RIB

Stilton Mac & cheese

POTATO GNOCCHI

Bacon and pine nut cream, Parmesan and basil cress

DESSERTS

WINTER BERRY CRUMBLE

Vanilla ice cream

PEANUT BUTTER CHEESE CAKE

Dulce de leche centre and walnuts