

Hydro Hotel

Eastbourne

Conservatory Seasonal Salad Bar

From Monday 2nd April 2012

Open Monday ~ Saturday from 12noon - 2pm

£8.95 per person

Telephone: 01323 720643 Website: www.hydrohotel.com

MENU

(Choice of Two)

*Sugar Cane Roasted Ham, Steamed Supreme of Chicken, Slow Roasted Topside of Beef
Butter Basted Turkey, Dill Scented Poached Salmon, Quiche of the Day
Chef's Handmade Sausage Roll, Spinach & Butternut Squash Fritata (v), Wild Boar Terrine*

Vegetarian Options

(Subject to availability)

Smoked Salmon & Cream Cheese Bagel

Half Avocado with Cottage Cheese & Pineapple or Prawns Marie Rose

Marinated Plum Tomato & Mozzarella in Virgin Olive Oil & Basil

SALAD SELECTION

Potato & Spring Onion

Fresh Sliced Beetroot

Coleslaw, Baby Cherry Tomatoes

Cucumber, Sweetcorn

Grated Cheese

2 Speciality Salads of the Day

SALAD DRESSINGS

Course Grain Mustard Vinaigrette

Blue Cheese Dressing

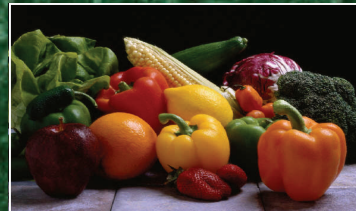
Garlic & Parsley Sauce

Olive Oil

BAKERS SELECTION ~ *Crusty Bread Rolls - Brown and White*



Large Garden setting with Sea Views & Unrestricted free parking surrounds the Hydro



Hydro Hotel

Eastbourne

Conservatory Lunch Menu

Open 7 days from 12noon - 2pm

From £8.50 per dish

Telephone: 01323 720643 Website: www.hydrohotel.com

Hydro Caesar Salad £8.75

Cos Lettuce, Anchovies, Croutons & Parmesan Cheese all bound together with Caesar Dressing
(With Chicken additional £1.00)

Hot Cajun Chicken Salad £9.75

Pan Roasted Blackened Cajun Chicken Breast on a Sour Cream & Coriander Salad With Tomato & Cucumber Slices & Crème Fraiche

Vegetable & Goats Cheese £8.95

Roasted Marinated Vegetables with Black Olives & Pine Nuts, Grilled Goats Cheese, Balsamic Oil

Chicken Penne Pesto £9.75

Pan Fried Chicken Pieces & Penne Pasta Bound in Pesto & finished with fresh Parmesan Shavings

Hydro Carbonara £9.75

Ham, Mushroom, Garlic & Parsley Cream Sauce with a hint of White Wine tossed Together with Tagliatelle Pasta

All our dishes are made freshly to order and during busy periods delays may occur

Mediterranean Seared Salmon £9.75

Seared Fillet of Salmon on Roasted Mediterranean Vegetables, Coriander & Balsamic Dressing

Hydro Gourmet Burger £9.95

Homemade Beef Burger, with Grilled Bacon and Fried Egg in a Ciabatta Bun. With Tomato Relish, Salad Garnish & Fries

Hot Minute Steak Panini £9.95

Lightly Toasted Panini with Hot Minute Steak and Horseradish served with Salad Garnish and Cajun Crisps

Cumberland Sausage £9.25

Roasted Cumberland Sausage with Mashed Potato & Caramelised Red Onion Sauce

Beer Battered Cod £9.25

Deep Fried Cod in Beer Batter with Chunky Chips & Tartare Sauce

Hydro Omelette £8.75

Freshly made Three Egg Omelette with Choice of one filling with a light Salad Garnish & French Fries

Filling Choice:

Cheese, Tomato, Ham or Mushrooms

All our dishes are made freshly to order and during busy periods delays may occur

