

R F H

Fitness Holidays

www.rio-frio.com

Menu for Weight-Loss & Fitness Programmes

The hotel Finca Eslava prides itself on its reputation as one of the best restaurants in Andalucía. We have worked with the chefs to produce a menu which incorporates many local dishes which have been specially tailored to the needs of our clients. The meals provide all that you need to fuel your fitness activities, whilst being carefully measured and prepared to support your health and weight-loss goals.

Meals are usually taken in the hotel restaurant, but may occasionally be taken in restaurants in the local area, depending on where the programme takes us.

Please let us know if you have any special requirements or need anything else at all.

Breakfast

Freshly-Squeezed Orange Juice

A Selection of Fresh Fruit

Boiled Eggs, Prepared to Order

Scrambled Eggs

Toasted Wholemeal Roll, with Olive Oil & Tomato

Muesli Served with Skimmed Milk

Porridge, Prepared to Order

Lunch

(Served with wholemeal roll)

Mixed Salad

with any combination of up to 2 accompaniments chosen from:

Chicken, Tuna, Egg, Chickpeas, Avocado & Walnuts

Or:

Ajo Blanco

Chilled Garlic & Almond Soup

Crema de Puerros

Leek Soup

Ensalada Canonigo

Cheese & Walnut Salad

Gazpacho

Chilled Tomato Soup

Sopa de Cebolla

Onion Soup

Sopa Juliana

Mixed Vegetable Soup

Sopa de Picadillo

Soup of Chicken & Beef Stock, Served with Iberian Ham & Egg

Sopa de Marisco

Seafood Soup

Or:

Tortilla

Omelettes Made to Order & Served with Salad

Dinner

Starters

Ajo Blanco
Chilled Garlic & Almond Soup

Alcochofas y Anchoas
Artichokes & Anchovies

Crema de Puerros
Leek Soup

Ensalada Canonigo
Cheese & Walnut Salad

Ensalada Mixta
Mixed Vegetable Salad

Gazpacho
Chilled Tomato Soup

Sopa de Cebolla
Onion Soup

Sopa Juliana
Mixed Vegetable Soup

Sopa de Picadillo
Soup of Chicken & Beef Stock, Served with Iberian Ham & Egg

Sopa de Marisco
Seafood Soup

Main Courses

(Served with wholegrain rice or wholemeal pasta or jacket potato and grilled or steamed vegetables)

Fish

Salmon a la Plancha
Grilled Salmon

Rosada a la Plancha
Grilled Huss

Lenguado a la Plancha
Grilled Sole

Potaje de Bacalao y Garbanzos
Cod & Chickpea Stew

Meat

Pollo a la Plancha
Grilled Chicken

Pollo Moruno
Grilled Chicken "Moorish Style" (with a mild spicy coating)

Filete de Ternera a la Plancha
Grilled Veal

Vegetarian

Berenjenas al Horno Rellenas de Pisto
Baked Aubergine Stuffed with Vegetables

Calabacín al Horno Rellenas de Pisto
Baked Courgette Stuffed with Vegetables

Judias Verde con Tomate
Green Beans with Tomato

Paella Vegetariana
Vegetable Paella

Potaje de garbanzos
Chickpea Stew

Potaje de Lentejas
Lentil Casserole

Revuelto de Verduras
Scrambled Eggs & Vegetables

Tortilla
Omelettes Made to Order

Snacks

Fresh fruit will be delivered to your room daily and is always available from the staff of Rio Frio Holidays.