

R F H

Fitness Holidays

Menu for Fitness Programmes

The hotel Finca Eslava prides itself on its reputation as one of the best restaurants in the local area. We have worked with the hotel 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 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

Please choose from any combination of:

1. Fresh fruit.
2. Boiled Eggs.
3. Scrambled Eggs.
4. Wholemeal Roll (Plain, or Toasted and Served with Olive Oil, Tomato and/or Iberian Ham).
5. Muesli & Skimmed Milk.
6. Porridge.
7. Yogurt.

Lunch

Served With Wholemeal Roll, On Request

^(v) Suitable for Vegetarians

1. Ensalada Mixta. *Mixed Salad, with any combination of up to 2 accompaniments chosen from:*
a. Chicken. b. Tuna. c. Egg.^(v) d. Chickpeas.^(v) e. Avocado.^(v) f. Walnuts.^(v) g. Prawns
2. Pipirrana con Garbanzos o Langostinos. *Salad of Chopped Tomato, Peppers, Onion & Cucumber with Chick Peas^(v) or Prawns.*
3. Tortilla. *Omelette, served with salad & made plain or with any combination of:*
a. Red peppers.^(v) b. Green peppers.^(v) c. Mushrooms.^(v) d. Onions.^(v) e. Prawns.
4. Revuelto de Verduras o Langostinos. *Scrambled Eggs & Vegetables^(v) or Prawns.*
5. Ensalada Canónigo. *Cheese & Walnut Salad.^(v)*
6. Judias Verde con Tomate. *Green Beans with Tomato.^(v)*
7. Salteado de Verduras. *Mixed Vegetables with Tomato & Oregano.^(v)*
8. Champiñones y Ajo con Jamon. *Garlic Mushrooms^(v) with Ham.*
9. Paella Vegetariana o De Mariscos. *Paella with Vegetables^(v) or Seafood.*
10. Crema de Puerros. *Leek Soup.^(v)*
11. Sopa de Cebolla. *Onion Soup.^(v)*
12. Sopa Juliana. *Mixed Vegetable Soup.^(v)*
13. Sopa de Picadillo. *Soup of Chicken & Beef Stock, Served with Egg & Iberian Ham.*
14. Sopa de Marisco. *Seafood Soup.*
15. Gazpacho. *Chilled Tomato Soup.^(v)*

Dinner

Starters

Served With Wholemeal Roll, On Request

^(v) Suitable for Vegetarians

16. Ensalada Mixta. *Mixed Salad.*^(v)
17. Crema de Puerros. *Leek Soup.*^(v)
18. Sopa de Cebolla. *Onion Soup.*^(v)
19. Sopa Juliana. *Mixed Vegetable Soup.*^(v)
20. Sopa de Picadillo. *Soup of Chicken & Beef Stock, Served with Egg & Iberian Ham.*
21. Sopa de Marisco. *Seafood Soup.*
22. Gazpacho. *Chilled Tomato Soup.*^(v)
23. Judias Verde con Tomate. *Green Beans with Tomato.*^(v)
24. Salteado de Verduras. *Mixed Vegetables with Tomato & Oregano.*^(v)
25. Champiñones y Ajo con Jamon. *Garlic Mushrooms^(v) with Ham.*
26. Pipirrana con Garbanzos o Langostinos. *Salad of Chopped Tomato, Peppers, Onion & Cucumber with Chick Peas^(v) or Prawns.*

Main Courses

Served With Wholegrain Rice Or Wholemeal Pasta Or Jacket Potato And Grilled Vegetables

May Also Be Served With Wholemeal Roll, On Request

^(v) Suitable for Vegetarians
(Any Vegetarian Starter May Also Be Served As A Main Course)

Salads, Vegetarian & Egg Dishes

27. Ensalada Mixta. *Mixed Salad, with any combination of up to 2 accompaniments chosen from:*
b. Chicken. b. Tuna. c. Egg.^(v) d. Chickpeas.^(v) e. Avocado.^(v) f. Walnuts.^(v) g. Prawns
28. Tortilla. *Omelette, served with salad & made plain or with any combination of:*
a. Red peppers.^(v) b. Green peppers.^(v) c. Mushrooms.^(v) d. Onions.^(v) e. Prawns.
29. Revuelto de Verduras o Langostinos. *Scrambled Eggs & Vegetables^(v) or Prawns.*
30. Paella Vegetariana. *Vegetable Paella.^(v)*
31. Berenjenas al Horno Rellenas de Pisto. *Baked Aubergine Stuffed with Vegetables.^(v)*
32. Calabacín al Horno Rellenas de Pisto. *Baked Courgette Stuffed with Vegetables.^(v)*
33. Potaje de garbanzos. *Chickpea Stew.^(v)*
34. Potaje de Lentejas. *Lentil Casserole.^(v)*

Fish

35. Calamares a la Plancha. *Grilled Squid.*
36. Salmon a la Plancha. *Grilled Salmon.*
37. Rosada a la Plancha. *Grilled Huss.*
38. Lenguado a la Plancha. *Grilled Sole.*
39. Paella de Mariscos. *Seafood Paella.*
40. Potaje de Bacalao y Garbanzos. *Cod & Chickpea Stew.*
41. Revuelto de Gambas. *Scrambled Eggs & Prawns.*

Meat

42. Pollo a la Plancha. *Grilled Chicken.*
43. Pollo Moruno. *Grilled Chicken "Moorish Style" with a mild spicy coating.*
44. Pavo al Curry. *Grilled Turkey with a mild curry coating.*
45. Brocheta de Pavo. *Turkey Kebab.*
46. Solomillo de Cerdo a la Plancha. *Grilled Pork Steak.*
47. Filete de Ternera Blanca a la Plancha. *Grilled Veal.*
48. Entrecote a la plancha. *Grilled Steak.*

Snacks

Yogurts and fresh fruit are always available. Other snacks can be provided on request.