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Fitness Holidays

Menu for Fitness Programmes

The restaurant at the hotel Finca Eslava is Michelin recommended and 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 that 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.

“Light Meals” & “Main Meals” may be taken as lunch or dinner, according to personal preference. **All of these choices are available every day.**

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

Breakfast

Please choose from any combination of:

Fresh fruit

Boiled Eggs

Scrambled Eggs

Wholemeal Roll

(Plain, or Toasted and Served with Olive Oil, Tomato and/or Iberian Ham)

Muesli

Weetabix

Porridge

Yogurt

Light Meal

May Be Taken as Lunch or Dinner.

Usually 1 Course, but May be Taken as 2 Courses if Preferred.

Served With Wholemeal Roll (On Request)

^(v) Suitable for Vegetarians

Ensalada Mixta

Mixed Salad, with any combination of:

Chicken, Tuna, Egg, ^(v) Chickpeas, ^(v) Avocado, ^(v) Walnuts, ^(v) Goats Cheese, Prawns, Sardines, Mackerel

Pipirrana con Garbanzos

Salad of Chopped Tomato, Peppers, Onion & Cucumber with Chick Peas^(v)

Pipirrana con Langostinos

Salad of Chopped Tomato, Peppers, Onion & Cucumber with Prawns

Tortilla

Omelette, served with salad & made plain or with any combination of: Red peppers, ^(v) Green peppers, ^(v) Mushrooms, ^(v) Onions, ^(v) Prawns

Revuelto de Verduras

Scrambled Eggs & Vegetables^(v)

Revuelto de Langostinos

Scrambled Eggs & Prawns

Garbanzos con Judias Verde y Tomate

Chickpeas with Green Beans & Tomato^(v)

Judias Verde con Tomate

Green Beans with Tomato^(v)

Cocido de Verduras

Vegetable Stew with Meat Stock

Champiñones y Ajo

Garlic Mushrooms^(v)

Champiñones y Ajo con Jamon

Garlic Mushrooms with Ham

Paella Vegetariana

Paella with Vegetables^(v)

Paella de Mariscos
Seafood Paella

Crema de Puerros y Calabacín
Leek & Courgette Soup ^(v)

Sopa de Cebolla
Onion Soup ^(v)

Sopa Juliana
Mixed Vegetable Soup ^(v)

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

Sopa de Mariscos
Seafood Soup

Gazpacho
Chilled Tomato Soup ^(v)

FITNESS

Main Meal

May be Taken as Lunch or Dinner. Usually 2 Courses, but May be 1 Course if Preferred

Starters

Served With Wholemeal Roll (On Request)

^(v) Suitable for Vegetarians

Ensalada Mixta
Salad of Mixed Vegetables ^(v)

Crema de Puerros y Calabacín
Leek & Courgette Soup ^(v)

Sopa de Cebolla
Onion Soup ^(v)

Sopa Juliana
Mixed Vegetable Soup ^(v)

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

Sopa de Mariscos
Seafood Soup

Gazpacho
Chilled Tomato Soup ^(v)

Judías Verde con Tomate
Green Beans with Tomato ^(v)

Cocido de Verduras
Vegetable Stew with Meat Stock

Champiñones y Ajo
Garlic Mushrooms ^(v)

Champiñones y Ajo con Jamon
Garlic Mushrooms with Ham

Pipirrana con Garbanzos
Salad of Chopped Tomato, Peppers, Onion & Cucumber with Chick Peas ^(v)

Pipirrana con Langostinos
Salad of Chopped Tomato, Peppers, Onion & Cucumber with Prawns

Main Courses

Served With Vegetables and (on request) Wholegrain Rice or Wholemeal Pasta or Jacket Potato

May Also Be Served (on request) With Wholemeal Roll

^(v) Suitable for Vegetarians

Salads, Vegetarian & Egg Dishes

Ensalada Mixta

Mixed Salad, with any combination of:

Chicken, Tuna, Egg, ^(v) Chickpeas, ^(v) Avocado, ^(v) Walnuts, ^(v) Goats Cheese, Prawns, Sardines, Mackerel

Tortilla

Omelette, served with salad & made plain or with any combination of:
Red peppers, ^(v) Green peppers, ^(v) Mushrooms, ^(v) Onions, ^(v) Prawns

Revuelto de Verduras

Scrambled Eggs & Vegetables ^(v)

Revuelto de Langostinos

Scrambled Eggs & Prawns

Paella Vegetariana

Vegetable Paella ^(v)

Berenjenas al Horno Rellenas de Pisto

Baked Aubergine Stuffed with Vegetables ^(v)

Calabacín al Horno Rellenas de Pisto

Baked Courgette Stuffed with Vegetables ^(v)

Potaje de garbanzos

Chickpea Stew ^(v)

Potaje de Lentejas

Lentil Casserole ^(v)

Garbanzos con Judias Verde y Tomate

Chickpeas with Green Beans & Tomato ^(v)

Fish

Calamares a la Plancha
Grilled Squid

Salmon a la Plancha
Grilled Salmon

Merluza a la Plancha
Grilled Hake

Dorada a la Plancha
Grilled Bream

Brocheta de Rosada y Gambas
Huss & Prawn Skewer

Bacalao con Tomate
Cod in Tomato

Paella de Mariscos
Seafood Paella

Potaje de Bacalao y Garbanzos
Cod & Chickpea Stew

Revuelto de Gambas
Scrambled Eggs & Prawns

Meat

Brocheta de Pollo
Chicken Skewer

Pollo Moruno
Grilled Chicken “Moorish Style” with a mild spicy coating

Pavo al Curry
Grilled Turkey with a mild curry coating

Brocheta de Pavo
Turkey Skewer

Brocheta de Cerdo
Pork Skewer

Entrecote a la plancha
Grilled Steak

Cocido de Verduras
Vegetable Stew with Meat Stock

Snacks

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

