



The
Queens Hotel
and Spa
BOURNEMOUTH

Boot Camp Menu, Sunday

*Don't think about what can happen in a month. Don't think what can happen in a year.
Just focus on the 24 hours in front of you and do what you can to get closer to where you want to be.*

Dinner

Entrees

Lamb Kofta with Greek Salad & Minted Yoghurt (D)

or

Egg Baked in Avocado, with Red Chilli Flakes (V) (D)

or

Green Soup with Lemon & Cayenne (D) (DF) (Vegan)

Mains

Malaysian Style Chicken & Cashew Nut Curry (D) (DF)

or

Fish Pie with Filo Pastry & Parsley (D)

or

Bun Less Beet Burger with Quinoa, Chilli, Flax Seed & Tahini Dressing (V) (D) (DF) (Vegan)

or

Hemp Protein Shake with Banana, Peanut Butter & Almond Milk (V) (D) (DF) (Vegan)

All main courses are served with a selection of seasonal vegetables

Followed by Herbal & Fruit Tea

(Please choose which flavour you prefer from the drinks station)

BODY FIT
Training • Nutrition • Results
Camp

Should you require any items that are not listed on the menu,
this is at the Chef's discretion and may incur an additional cost

(V) = Vegetarian. (D) = Diabetic Friendly (DF) = Dairy Free
(GF) = Gluten Free. (Vegan) = Vegan
Some dishes may contain nuts