



## Calorie Guide

At Lemongrass we believe that eating out should be a pleasure but not necessarily a guilty one! We would very much like you to know that all of our stir-fries are naturally low in fat and calories and because of the shortened cooking time involved in wok frying all of the micro nutrients are retained in our fresh veggies. All of our curries are made fresh from 100% Thai coconut milk, they are naturally gluten free and contain flavoursome herbs and spices with high antioxidant properties, namely fresh ginger, Lemongrass, turmeric and of course the superfood Mr bell pepper.

In need of a perfectly balanced meal but want to go light on the calories? We have compiled a number of low calorie options with the help our friends The Nutritional Clinic in Carlow. All of the recipes below are certified by the Carlow Nutrition Clinic and are calorie counted by Lisa Kleiner from Kleiner Nutrition.

*Please note that the wok fried dishes below are cooked with coconut oil rather than rapeseed oil.*

<b>Seasonal Salad</b>	<b>297 kcals</b>	<b>€6.70</b>
<i>Mixed leaves, peppers, bean sprouts, avocado and cashew nuts served with our Lemongrass salad dressing</i>		
<b>Sashimi</b>	<b>240kcals</b>	<b>€11.20</b>
<i>Fresh salmon, tuna and blanched prawn, with pickled ginger, pickled radish, salmon roe, wasabi and Kikkoman soy</i>		
<b>Prawn and salmon cake</b>	<b>(3 pieces x 79kcals) 237kcals</b>	<b>€8.50</b>
<i>Tiger prawn, fresh salmon, coriander leaf &amp; sweet chilli sauce</i>		
<b>Hot and sour Tomato soup</b>	<b>278 kcals</b>	<b>€7.70</b>
<i>Spicy Asian tomato soup(no dumplings)</i>		
<b>Ginger Chicken</b>	<b>257 kcals</b>	<b>€17.90</b>
<i>Stir-fried breast of chicken with spring onion in a chilli and ginger sauce</i>		
<b>Steamed Fillets of Seabass</b>	<b>231 kcals</b>	<b>€21.90</b>
<i>Double fillet of fresh Seabass, lightly steamed, with scallion, ginger &amp; Lemongrass, served with a shaoxing wine soy sauce</i>		
<b>Teppanyaki Monkfish</b>	<b>264 kcals</b>	<b>€24.90</b>
<i>Freshly filleted monkfish cooked on our Teppanyaki table with white wine and seasoning, served with Teppanyaki vegetables</i>		
<b>Teppanyaki salmon</b>	<b>475 kcals</b>	<b>€21.90</b>
<i>Fresh fillets of salmon cooked teppanyaki style with white wine and seasoning and served with teppanyaki vegetables</i>		
<b>Wok fried Lamb</b>	<b>387 kcals</b>	<b>€19.60</b>
<i>Wok fried slices of fresh irish lamb with chilli, mint and soy garlic sauce</i>		
<b>Thai green prawn curry</b>	<b>487 kcals</b>	<b>€21.90</b>
<i>Hot Thai curry with prawns, bamboo shoots, aubergine, peppers and coconut milk</i>		

*We love our organic brown rice however if the extra 150 kcals puts you over the limit we recommend that you request extra stir fried vegetables in coconut oil 97 kcals or a side of steamed asparagus and broccoli 61 kcals.*