

Preparing to eat out & fear food worksheet

Menu 1

Menu

STARTERS

Spring Rolls French Onion Soup Tomato Bruschetta Caesar Salad

SIDE DISHES

Mixed Green Salad Garden Vegetables French Fries Garlic Bread

MAIN COURSE

Grilled Salmon with Dill Sauce Roast Beef with Vegetables Chicken and Mushroom Pie Marrakesh Vegetarian Curry Eggplant Lasagne

DESSERT

Apple Pie with Cream Lemon Meringue Pie Vanilla Ice Cream Crêpe Suzette Fruit Salad

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1)

According to the Eating Disorder, the 'best' choices would be...

Starter:	because	
Main:	because	
Side Dish:	because	
Dessert:	because	

According to the Eating Disorder, the 'worst' choices would be...

Starter:	because	
Main:	because	
Side Dish:	because	
Dessert:	because	

 According to the true you, (with respect to your taste buds), my favourite choices would be... (if you find this difficult, try to imagine what your childhood self may have ordered)

Starter:	
Main:	
Side Dish:	
Dessert:	

When I look at this menu, my ED ruled out the following items from being possible to pick:
Some of the other disordered suggestions/rules/conditions that my ED attempted to suggests were e.g., If I choose the bruschetta, I shouldn't choose the garlic bread If I choose the apple pie, I will ask for cream on the side
Summarizing thoughts and direction for progress (to complete with Han):

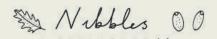
Menu 2

Ta	SOL	11	vich cell	ar	de.
b			y Menu	,002	E.
Breakf	ast		Specials		0
All day breakfast Pancakes		QR 40 QR 12 QR 30	Lamb chops in cranberry g Liver & onions Bangers & mash	ravy QR 55 QR 50 QR 50	0
Fruit salad (with Yogo Hot breakfast sand Omelette of your o	dwiches starting from		Every Sunday Roast beef & Yorkshire puo	lding QR 50	6
Poached/boiled eq Toast, butter & jar	m	QR 20 QR 15	Salads		8
Mains	its	QR 30	Green salad Big Bang Salad with chicken or fish	QR 30 QR 65	3
Fish & Chips Scampi & Chips		QR 50 QR 55	Pasta salad We have a selection of	QR 30 fillings to add	8
Grilled Rib- eye Grilled fish Grilled chicken		QR 70 QR 50 QR 50	to solads		0
Chicken curry Fried chicken		QR 50 QR 50	HOMEMADE PIE Steak & kidney	QR 50	1
Cottage pie Lasagne Chicken goujons		QR 50 QR 50 QR 50	Steak & mushroom Chicken & mushroom Steak & mushroom pasty	QR 50 QR 50 QR 25	6
Chicken melt Chilli con came (with All served with your o		QR 50 QR 50	All served with your choic Chips/ fries Peas		200
Chips/ fries Mash potato Rice	Peas Vegetables Gravy		Rice Grav	etables vy st Potatoes	0
Drinks	Roast Potatoes		Puddings		Distance
Teas be tea	QR 15 QR 15		A selection of home cook served with your choice of loe cream	of:	5
Coffee Fresh juice Soft drinks	QR 15 QR 20 QR 5	1	Custard Cream	QR 20	9
Mineral water Fresh mik	QR 5 QR 10			w. 20	

- o Grab 2 highlighters
- Make a key assigning:
 - one colour to denote 'safe/ED finds acceptable'
 - one colour as 'scary/ED suggests is bad'.
- \circ $\,$ Go through the menu and highlight each word in accordance with your initial thought.
- $_{\odot}$ Now, on the grid below sort the (B) items ('scary/ED suggests is bad') into the grid

I truly like this food	Unsure	I truly dislike this food
		l I

Summarizing thoughts and direction for progress (to complete with Han):



Hummus, harissa, cumin flatbreads (V) Selection of baby bangers 7.5 Smoked haddock croquettes, lemon mayo, 8 Nocorella olives (Ve) 5.5 A ubergine crisps, cinnamon and honey (Ve) 5.5



Ham hook terrine, piccalilli, sourdough toast 9.5 Soft shell crab, mango , lime, chilli 11 Chicken wings, soy, ginger, honey 9 Salt & pepper crispy squid 9.5 Soup of the day (V) 6.5 Pea and broad bean bubble and squeak (Ve) 8



sandwiches



Egg, mayonnaise, oress (V) 7.5 Honey roast ham, piccalilli 8.5

Roast beef, pesto, parmesan, rocket 8.5

Extra mature cheddar cheese, chutney (V)

Ham hook,egg,and chip toastie,brown sauce, French fries 13

Gruyere, red Leicester, tomato and pesto toastie, sliced pear salad (V) 12

Hickory pulled pork bun, bbq sauce,mature cheddar,carrot, apple and raisin slaw,French fries 13

..... SHARING

ale bread, chutney, sundried tomatoes,pickled chilli 8

Charcuterie and cheeseboard, Charcuterie and cheeseboard, ale bread, chutney, sundried tomatoes, pickled chilli 8



· MAINS

Lemon and garlic chicken kebab,flatbread, cucumber, chilli, cumin,black onion seeds

Lamb koftas, flatbread, hummus,couscous, harissa, tzatziki

Rotisserie chicken, harissa potatoes, baby corn, chicory

Falafel, hummus, roasted peppers, flatbread, pickled gherkin, chilli (V)

Swan whopper burger, beef burger,bacon, pepperoni, mature cheddar,fries, 14 sw eetcorn relish

10oz Sirloin, chips, tomatoes, mushrooms, onion rings, peppercorn sauce 16.5

Wholetail scampi, fries. garden peas,tartare sauce

Vegetable tagine, almond and apricot, cous cous, harissa,tzatziki (V) no tzatziki (Ve)

16.5 Spicy fishcakes, cucumber salad,sw eet chilli

> jasmine rice chicken fish 17 14

Toasted goats cheese salad, figs walnuts, honey, sourdough toast (V)

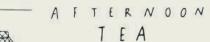
Salmon, crushed potatoes, peas, mint, watercress mayo 18.5

Fish, chips, mushy peas, 15.5

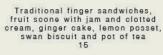
14

SIDES -

Big Chips | Fries | Couscous & harissa | minted peas charred broccoli with chilli | Rocket & parmesan salad



13



Fizzy afternoon tea



25

15.5

14.5

Raspberry and rhubarb fool 8.5 Cookie dough sundae 8.5 Sticky toffee pudding 8.5 Strawberry and rose Eton mess

8.5 Malteser Cheesecake



8.5 Cheese & biscuits

ne of the items on this food menu may contain food substances to which you have an allergy. Full allergen information is

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- Go through the menu and cross out the items you know that the true you definitely doesn't like (and will never wish to eat in the future).
- If there are some choices with uncertainty, do not cross them out.
- Write out the remaining options on the left-hand side of the grid. (These will be all of the options that you like, or might like.)
- On the right hand side, jot down some of the benefits of choosing this option. You may wish to include notes about:
 - o Taste
 - o Providing energy
 - o Challenging fears and therefore furthering recovery
 - Evoking good memories
 - o Trying something new/to stump curiosity
 - Childhood favouriteThe social aspect

Food item I like, or might like	Perks of picking
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