



Operational Policy – Healthy Menu

French Steakhouse & Bistro

This policy applies to all operations that Oscar's French Bistro and Steakhouse undertakes. Also relevant to all suppliers including third parties that provide goods and services to the organisation whether new or existing.

Oscar's French Steakhouse and Bistro always consider the nutritional value of dishes when creating a menu. We evaluate the portion sizes and content of each dish and aim to be in line with the 'Eatwell Guide' portion sizes and nutritional recommendations. We aim to cook using alternative healthy methods where possible such as steaming.

Sourcing

We aim to purchase mainly raw ingredients from our suppliers, ensuring the majority of ingredients are produced from scratch and do not contain unnecessary additives. All meat products are sourced from suppliers that raise their animals on a natural nutritious diet, allowing for healthy fats to develop within the meat.

Calorie Labelling

We take into full consideration the calorie content of the products we purchase and the dishes we create, we consider the cooking methods used and new recipe ingredients in order to improve this. We don't feel at present that displaying calories on the menu is a beneficial procedure.

Oscar's will continue to develop menus in line with the government recommendations and adopt alternative ingredients and cooking methods where appropriate.

Date: 21/04/2022