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SMALL PLATES Big Impact

A GUIDE TO GLP-1 FRIENDLY MENUS

Did you *know?*

Almost 7% of the UK population[1] are using or have used GLP-1 medication – that's more than DOUBLE the 3.1% of people said to be following a vegan diet.[2]

The picture in Ireland is very similar, with 5% of people said to be taking the medication [3]

What's more, a further 8% of adults have considered or are considering using the medication.[4] Together, that equates to an estimated 8.25 million people in the UK turning to weight loss medication.

These figures are quite staggering and cannot be ignored in these challenging times. If you have vegan options on your menu, why wouldn't you also ensure that your offering is suitable for the significant number of customers whose requirements are not on the whole currently being catered for? In fact, research shows that 41% of GLP-1 users visit restaurants less often, with 47% also saying that they visit coffee shops and sandwich bars less often[5].

Now, imagine if your menu clearly catered for your GLP-1 using customers, making their dining out experience easy and worthwhile. With 39%[6] of UK adults being put off weight loss medication due to it being injected, imagine the impact that incoming oral solutions will have on the number of customers who eventually choose to go down this route, making now the prime time to act.

1 - Q1 2026 IGD Futures: GLP-1 Insight Programme
2 - 2025, Finder
3 - 2026 Sunday Independent/Ireland Thinks poll
4 - Q1 2026 IGD Futures: GLP-1 Insight Programme
5 - Q1 2026 IGD Futures: GLP-1 Insight Programme
6 - Q1 2026 IGD Futures: GLP-1 Insight Programme
7 - Arlo Pro X VYPR Bespoke Consumer Research, November 2025

Small Plates, Big Impact

GLP-1 medication changes eating habits in a number of ways, with users naturally eating less impulsively, consuming smaller portions, and having a lower desire for sugary, greasy or very rich foods. In fact, large or high-fat meals can have adverse physical effects, meaning that people are likely to steer clear of these types of dishes altogether.

Traditional menus can be challenging for GLP-1 users, who often need smaller, nutritionally balanced portions. Small plates offer an ideal solution, allowing restaurants to cater to GLP-1 users without alienating other diners. In an increasingly health-conscious world, consumers are already more discerning about the nutritional balance of dishes, so menu adaptations would not just be solely for those on GLP-1 medications, but would bring dishes in line with the overall healthy eating trend. A varied small plates menu creates an inclusive social dining experience, where everyone can choose dishes they enjoy while sharing options that appeal to the whole table.

The key is balancing nutrition with variety, giving GLP-1 users an easy and enjoyable reason to dine out while creating a social experience that keeps customers coming back.

Across the Sectors

These principles extend beyond hospitality into care and education, where nutrition and portion size are equally critical.

- In care settings, older adults often have reduced appetites, making it essential to deliver smaller, nutrient-dense meals that support strength, immunity, and overall wellbeing.
- Children and young people require balanced nutrition to fuel growth, concentration, and long-term health.
- University and college students are increasingly making more health-conscious choices, with demand for protein-led items. Whilst this demographic is not taking up GLP-1 medications in the main, curiosity is growing amongst this age group.

Did you *know?*

75% of GLP-1 users are interested in seeing restaurants offer smaller portions specifically aimed at them.[7]

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For help, advice or further information on anything covered in this guide simply contact our team.

Contact:
marketing@creedfoodservice.co.uk
01452 857555
www.creedfoodservice.co.uk

The Balanced Plate

A balanced small plates menu should deliver high nutritional value in a compact, satisfying and appealing format. The goal is to create dishes that feel complete, energising and enjoyable without being overwhelming.

GLP-1 medications can affect users in different ways, but this is a general guide to sensible nutritional balance with easy-to-digest ingredients to consider when designing dishes.

Country Range Chick Peas

PROTEIN

Protein reserves muscle, increases satiety and stabilises blood sugar. Select lean cuts of meat and add legumes and pulses to vegetarian dishes. Protein-forward dishes should make up a good portion of a small plates menu.

POULTRY **FISH** **GREEK YOGHURT** **COTTAGE CHEESE** **LEGUMES** **PORK AND BEEF**

(SUCH AS LENTILS, CHICK PEAS AND BEANS)

(LEAN CUTS)

FIBRE

Fibre is highly important for GLP-1 users as constipation and digestive slowdown are among the most commonly reported side effects of the medication. Aside from this, there is an overall focus on increasing fibre intake, with up to 96% of UK adults reportedly failing to meet fibre recommendations[1]. Its benefits include aiding fullness, digestion, and blood sugar control. Aim for a variety of colours to provide essential vitamins, minerals and visual appeal.

Frozen vegetables are flash-frozen within hours of harvest to lock in nutrients and are an excellent cost-effective source of fibre.

VEGETABLES **WHOLE GRAINS + CEREALS** **NUTS** **BEANS AND LEGUMES** **FRUIT** **CHIA, PUMPKIN, AND FLAX SEEDS**

(KEEP SKIN ON APPLES AND PEARS)

1 - https://foodfoundation.org.uk/news/uk-still-failing-meet-basic-dietary-guidelines
2 - Arlo Pro X VYPR Bespoke Consumer Research, November 2025

Country Range Extra Virgin Olive Oil

FATS

Healthy fats enhance flavour and are key for nutrient absorption and metabolic health. They can also slow digestion and support hormones. Whilst avoiding very high fat dishes, it is important to include healthier fats such as the following:

- AVOCADO
- FATTY FISH (SUCH AS SALMON, SARDINES AND MACKEREL)
- NUTS AND SEEDS
- OLIVE OIL

Did you *know*?

54% of GLP-1 users said that high protein was the most important factor in a meal, followed by 46% who said low calorie menu items mattered most[2]

You can offer a complete solution in one dish or design a menu which includes small dishes that serve different purposes. For example, protein plates, a selection of healthy sides containing complex carbohydrates and fibre-rich vegetables and optional sauces and dressings, allowing customers to customise their meal based on their requirements.

CARBOHYDRATES

Whilst carbs can sometimes get a bad press they are a key factor in a balanced nutrient-dense plate. The key here is selecting complex, wholegrain carbohydrates and controlling portion size.

- QUINOA
- WHOLEGRAIN OR BROWN RICE
- OATS
- LEGUMES
- WHOLEWHEAT PASTA AND BREAD
- STARCHY VEGETABLES (SUCH AS SWEET POTATOES, SQUASH AND POTATOES)

Menu planning

A well-designed menu will appeal to all diners, whilst making the experience easy and enjoyable for GLP-1 users, without them feeling singled out. Try including a small plates selection and customisable dishes to enable customers to take more control over their choices.

SMALL PLATES

A balanced selection of small plates gives customers the choice to customise their own meal. Presentation and quality are key factors in ensuring perceived value for money.

* Easy upsell add-ons increase overall spend whilst giving customers more choice.

BOWLS

Bowls are increasingly popular and are a great way to offer a fully customisable meal, with transparent ingredients, pricing and plenty of upsell opportunities.

* Offers that encourage multiple small plates increase spend whilst giving customers perceived value.

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CHOICE PLATES Any 3 plates for £15 - £17
(Smaller dishes, made to mix, match, and make your own)

GRILLED CHICKEN BITES.....£6.50
Lemon, herbs

ROASTED VEG MEDLEY..... £5.00
Seasonal, olive oil, sea salt

CRISPY HALLOUMI..... £6.50
Honey & chilli drizzle

GARLIC PRAWNS.....£7.50
Butter, parsley

SPICED CHICKPEAS.....£4.50
Warm, smoky seasoning

MINI STEAK SLICES..... £8.50
Chimichurri

CAPRESE SKEWERS.....£6.50
Basil drizzled with balsamic glaze

* Offer half portions of popular lunch items.

BUILD YOUR OWN BOWLS
(Simple, balanced, and built how you like it)
Base + protein + 3 toppings + dressing

FALAFEL OR TOFU BOWL.....£6.50
CHICKEN BOWL.....£10.50
SALMON BOWL £12.50
STEAK BOWL.....£13.50

EXTRAS

CHICKEN.....+£2.00
AVOCADO.....+£2.00
EXTRA TOPPINGS.....+£2.00

SANDWICHES AND SOUPS
(Simple favourites freshly made)
Any half sandwich + cup of soup £8.50

Sandwiches

GRILLED CHICKEN CLUB.....£8.50
Chicken, crispy bacon, tomato, garlic mayo

ROASTED VEG & HUMMUS..... £7.50
Peppers, courgette, red onion

TUNA CRUNCH..... £7.50
Cucumber, mixed leaves, lemon mayo

Soups

ROASTED TOMATO & BASIL..... £6.00
CHICKEN & VEGETABLE.....£6.00

ADD ON SIDES

SWEET POTATO WEDGES..... £4.50
MIXED LEAVES SALAD..... £4.50
HERBY RICE..... £3.50
FLATBREAD & DIPS.....£4.00

INCREASE PROFITS, REDUCE WASTE

Smaller portions do not automatically equate to lower spend, in fact by aligning portion options with evolving dining habits, businesses can reduce food waste while supporting stronger profit margins. A well-designed menu which focuses on quality, flavour, nutrition and giving customers an easy way to customise their experience can result in higher spend and increased visits.

Did you *know?*

GLP-1 medications can affect people in different ways with some ingredients having adverse effects on some but not others. This is another good reason to make dishes customisable and keep things like sauces and dressings optional.

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MAIN DISHES
(Familiar favourites, your way)

HOUSE BURGER £11.50
Beef patty, cheese, salad, sauce

GRILLED CHICKEN WRAP £9.50
Fresh salad, garlic sauce

VEGGIE STACK £9.00
Grilled veg, hummus, toasted bun

SEAFOOD PAELLA £17.50
Shrimp, mussels, and calamari

CHICKEN ALFREDO PASTA £12.50
Fresh salad, garlic sauce

Swap bun for lettuce wrap no extra charge
Swap fries for salad or veg +£1.00
Upgrade to sweet potato wedges +£1.50

Sauces (on the side or lightly added)
Garlic Mayo, House Burger Sauce, Chimichurri, Spicy Harissa, Ranch Dip

DESSERTS
(Something sweet, however you fancy it)

CHOCOLATE BROWNIE £6.50
Warm, rich, served with vanilla ice cream

ETON MESS £6.00
Berries, cream, crushed meringue

STICKY TOFFEE PUDDING £6.50
Toffee sauce, vanilla ice cream

MINI DESSERT SHARING PLATE £14.50
Mini chocolate brownie, lemon tart, vanilla panna cotta, seasonal fruit, small scoop of gelato or sorbet

DRINKS
(Something to sip, whatever the mood)

HOUSE ICED TEA £2.50
Freshly brewed tea with a hint of lemon

BERRY SMOOTHIE £9.50
A blend of mixed berries, yogurt, and honey

CRAFT BEER £4.50
Locally brewed craft beer with a choice of lager or IPA

Please inform a member of staff of any allergies or intolerances before ordering.
A discretionary service charge of 10–12.5% will be added to your bill.
Last food orders 30 minutes before closing.

SIMPLE SWAPS

On classic menu items add the option to switch to healthier sides or swap burger buns to lettuce wraps. Offer sauces on the side.

DRINKS

30% of GLP-1 users drink less alcohol[1] and with more consumers looking for low and no alcohol options overall, having a varied and appealing alcohol free drinks selection is an important consideration.

1 - Q1 2026 IGD Futures: GLP-1 Insight Programme

Breakfast + Brunch

Breakfast is emerging as the most disrupted meal of the day, with many GLP-1 users eating just one or two meals a day.[1]

Meanwhile, there has been a shift in dining habits overall, with consumers not conforming to traditional meal times. Therefore, breakfast and brunch menus work well when they're an all-day offering with a variety of customisable dish formats, offering that all important protein-led energy boost.

Build a customisable menu, including the following:

PROTEIN FIRST OPTIONS: poached or scrambled eggs on toast, egg white omelette, and smoked salmon plates.

LIGHT AND NUTRITIOUS BOWLS: porridge with customisable toppings, chia pudding and yoghurt with fruit.

SAVOURY SMALL PLATES: such as avocado on toast, beans on toast or poke bowls.

CUSTOMISABLE COOKED BREAKFAST: giving the customer the flexibility to choose from a list of components to build their own plate.

SMOOTHIES AND PROTEIN SHAKES: seasonal specials and on-trend flavours.

SMASHED PEAS ON TOAST

A lower cost alternative to avocado, peas provide fibre and vitamins whilst being low in fat. You could make this dish customisable by making the poached egg, bacon and feta optional add-ons.

1 - Q1 2026 IGD Futures: GLP-1 Insight Programme

Mexican Baked Eggs

INGREDIENTS

200ml **Country Range** Multi-Use Tomato Sauce

1tsp **Country Range** Crushed Chillies

1tsp **Country Range** Fajita Seasoning

1tbsp **Country Range** Olive-Pomace Oil

4 eggs

1 red onion, diced

1 green pepper, diced

2 cloves garlic

100ml water

Salt

Pepper

METHOD

1. Heat the olive-pomace oil in a frying pan.
2. Add the onion, green peppers and garlic and fry until soft.
3. Add the Fajita seasoning, crushed chillies and Multi-Use Tomato Sauce.
4. Add a little water to let down the mix and stir through.
5. Season with salt and pepper to taste.
6. Gently crack in 4 eggs making sure to keep them separate.
7. Cover the pan with a lid and allow the eggs to set in position.
8. Cook for approximately 6 minutes or until the whites have cooked through.
9. Sprinkle crushed chillies to serve or serve separately for the customer to add to taste.

Mixed Berry Chia Pudding

INGREDIENTS

70g **Country Range** Frozen Summer Berry Mix (defrosted)

½tbsp **Country Range** Pure Clear Honey

100g chia seeds

400ml milk of your choice

50g Greek yogurt

METHOD

1. Pour the milk over the chia seeds, stir well and leave for 60 minutes until the chia seeds swell and they have a gelatinous pudding consistency.
2. Stir in the Greek yoghurt and honey.
3. Spoon into a suitable container, top with defrosted summer fruit and a drizzle of honey.

Global brunch dishes can appeal to diners throughout the day.

Small Plates

The key with small plates is to include a variety of flavoursome options that are easy to mix and match whilst providing nutritional balance.

CHICKEN WINGS ROULETTE

A great sharing plate with diners choosing the sauce they want from spicy to mild. The chicken wings are oven baked, making them a lighter option to fried foods.

Lettuce is a light alternative to wraps and fillings can be packed with protein, fibre and flavour.

INGREDIENTS

½tsp **Country Range** Dried Mixed Herbs

½tsp **Country Range** Smoked Paprika

1tbsp **Country Range** Extra Virgin Olive Oil

1 small chicken

1tsp salt

½tsp freshly milled pepper

90g hummus

12 baby gem lettuce leaves

AVOCADO MIX

Pinch **Country Range** Crushed Chillies

1 ripe avocado, diced

1 sliced spring onion

Juice of 1 lime

Salt and pepper to taste

METHOD

1. Pre-heat the oven to 200°C / 180°C fan.
2. Rub the chicken with olive oil and season with salt, pepper, paprika and mixed herbs.
3. Roast in the oven for one hour or until the thickest part reaches 70°C.
4. Allow to cool, then pull the chicken and leave it to soak up all the chicken roasting juices. Keep the bones and skin for a homemade bone broth.
5. Dice the avocado and mix with the spring onions and lime juice. Add the chilli flakes and season to taste.
6. To assemble, spoon some avocado into the lettuce leaf, top with roast chicken and a spoonful of hummus.

MEDITERRANEAN WHIPPED FETA FLAT BREADS

Small flat breads with nutritious and flavoursome toppings are a lighter alternative to pizza

Dips and crudités are a good small plate option. For those looking for a snack that satisfies, options such as hummus containing protein and fibre rich chick peas are ideal. For more variety, try using other beans and pulses, such as butter beans and cannellini beans.

INGREDIENTS

200g **Country Range** Cannellini Beans

20ml **Country Range** Extra Virgin Olive Oil

½tsp **Country Range** Coriander Seeds, crushed

½tsp **Country Range** Smoked Paprika

½tsp **Country Range** Ground Cumin

1 bulb of garlic

½tsp salt

1 lemon (juice and zest)

METHOD

1. Cut the top off a bulb of garlic, drizzle with a little olive oil, season with salt and wrap in tin foil.
2. Roast the garlic in the oven at 180°C for 12 mins then once cool enough to handle squeeze out all the flesh and add to the drained cannellini beans, olive oil, cumin, crushed coriander seeds, and smoked paprika and pulse in a blender.
3. Add the lemon juice, lemon zest and season with salt.

Bowls

Offering a range of bowl options on your menu is a great way to give diners choice and to balance protein, fibre and carbohydrates.

The flexibility of this type of dish means it works across a range of operator types, from grab-and-go to restaurant dining.

Other simple menu adaptations for different operator types:

INDEPENDENT RESTAURANTS: add flexibility to menus with healthy side options and portion variety across dayparts.

PUBS: adapt classic dishes by adding choice such as swapping chips to vegetables and offering bunless burgers.

CAFÉS & COFFEE SHOPS: add protein drinks, mini portions and lighter breakfast and brunch options.

QSR OPERATORS: include protein-led items and half portions of wraps and sandwiches.

TRAVEL & WORKPLACE CATERING: include high protein grab and go options and half portions.

Turkey Ramen Soup

Ramen is a great menu option, especially if you include customisable toppings. This recipe can be easily customised with a range of protein, vegetable and noodle options.

INGREDIENTS

200g **Signature by Country Range** Cooked Turkey Slices

1tsp **Country Range** Sesame Seeds

80g **Country Range** Medium Egg Noodles, cooked

1tsp **Country Range** Crushed Chillies

4 spring onions, sliced

50g mangetout

8 Shitake mushrooms

2 soft boiled eggs

2 pack choi

50g baby corn

50g tender stem broccoli

4 crushed cloves of garlic

1tbsp ginger, grated

500ml chicken stock

50ml soy sauce

1tbsp miso paste

METHOD

1. Make a broth with the ginger, garlic, soy sauce, chilli flakes, miso paste and chicken stock.
2. Arrange the cooked noodles and vegetables in a bowl and garnish with half a soft boiled egg.
3. Pour over the boiling broth and garnish with sesame seeds.

INGREDIENTS

1tsp **Country Range** Dried Oregano

1tbsp **Country Range** Extra Virgin Olive Oil

4 **Country Range** Pitted Green Olives

4 **Country Range** Pitted Black Olives

1 chicken breast

25g diced feta

¼ red onion, sliced

25g diced cucumber

4 halved cherry tomatoes

½ lemon, juice and zest

1 handful mixed leaves

Salt and pepper to taste

Lemon wedge to serve

METHOD

1. Brush the chicken breast in olive oil, sprinkle with oregano and season with salt and pepper.
2. Roast in a pre-heated oven at 200°C / 180°C fan for 15 minutes and rest for five minutes before slicing.
3. Mix together the feta, olives, tomatoes, cucumber and red onion with olive oil and lemon juice.
4. Place the mixed salad leaves in a bowl, add the feta salad and then add the sliced chicken. Garnish with the lemon wedge.

Courgette and Salmon Tagliatelle

Salmon is a great source of protein and healthy omega-3 fats. Replacing pasta with courgette tagliatelle makes the dish lighter whilst still making it feel satisfying.

INGREDIENTS

1 **Country Range** Salmon Fillet portion

1tsp **Country Range** Blackened Cajun Seasoning

25g **Country Range** Garden Peas

1bsp **Country Range** Lemon Juice

2tbsp **Country Range** Extra Virgin Olive Oil

25g soya beans

2 spring onions

Handful of chopped mint

1 courgette

METHOD

1. Peel the courgette into ribbons.
2. Add the salt, olive oil and lemon.
3. Add the sliced spring onions, chopped mint, soya beans and peas.
4. Leave to marinate for 10 minutes.
5. Sprinkle the salmon with Cajun seasoning and cook until still pink (about 8 minutes).
6. Serve the courgette mix in a bowl keeping the juices to one side.
7. Flake the salmon on top and then dress with the juices.

Desserts + Drinks

Desserts can be tricky for those on GLP-1 medications. Mini desserts and sharing boards can tempt customers to indulge in something sweet without committing to anything overfacing. You could also include a couple of lighter options using fruit, yoghurt and small hits of dark chocolate.

Drinks can become a meal in themselves, with protein shakes and smoothies at the forefront of choice. A strong selection can be the draw that brings customers through the door.

Layered Greek Yoghurt

INGREDIENTS

25g **Country Range** Frozen Raspberries

10g **Country Range** Flaked Almonds

20ml **Country Range** Pure Clear Honey

50g Greek Style Natural Yogurt

METHOD

1. In a glass, layer the ingredients as follows: half the Greek yogurt, half the frozen raspberries, half the almonds, half the honey.
2. Repeat step 1 to finish off the layering.
3. The frozen raspberries will soften after about 20 minutes and then they will be perfect to eat.

Summer Fruit Smoothie

INGREDIENTS

75g **Country Range** Frozen Summer Berry Mix

15g **Country Range** Pure Clear Honey

20g **Country Range** Oat Flakes

100g natural yogurt

100ml milk of your choice

Optional – add protein powder according to product instructions

METHOD

1. Place everything, except half of the summer fruit, in a food processor and blitz to form a smoothie.
2. Place in a nice tall glass with a spoon.
3. Place the remaining fruit on top, sprinkle with some oat flakes and give it another spoonful of honey.
4. Serve immediately.

Mini desserts provide a little bit of indulgence, perfect for sharing.

Cinnamon Baked Apples with Greek Yoghurt and Walnuts

INGREDIENTS

½tbsp **Country Range** Pure Clear Honey

¼tsp **Country Range** Ground Cinnamon

40g **Country Range** Walnut Halves

2 apples

100g Greek yoghurt

10g butter

METHOD

1. Core and cut both apples into six wedges.
2. Fry the apples in the knob of butter until golden.
3. Add the honey and cinnamon and keep cooking until the apples are soft and golden.
4. Arrange on a plate and serve with a Greek yoghurt dipping pot. Scatter chopped walnuts over the apples and yoghurt and finish with a little dusting of cinnamon.

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and more at **countryrange.co.uk/recipes**
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