

NATIONAL TRUST FOR SCOTLAND MEDIA RELEASE

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Healthy eating award for Alloway museum

Burns may be closely associated with haggis, but the team at the Robert Burns Birthplace Museum in Alloway have just picked up a healthy living award for the tasty treats they serve up at their popular café.

The museum is the first of the National Trust for Scotland's sites to receive the accolade which asks that salt, sugar and fats and oils are kept to a minimum.

Among the healthy options on the menu are fresh Greek style yoghurt made daily in the kitchen, as well as a range of fruit and salads. Fresh fruit is used as an ingredient for a natural sweetener in place of sugar and cooked food is grilled or steamed in place of frying where possible.

Operations Manager Caroline Smith said:

"Our café is really popular and serves up a range of tasty treats, over recent years particularly, we've noticed that our customers are increasingly looking for healthier food. We do try our best to use local produce when we can and the team are always thinking about how to make our popular items healthier. We try to keep the menu fresh too, so come and visit to see what's new."

The café at the Robert Burns Birthplace Museum is open daily.

Just an hour from Glasgow by train, the Robert Burns Birthplace Museum is a cultural hub in Ayrshire, bringing the best in art, music and literature to the public. Generously supported by the Scottish Government and the Heritage Lottery Fund, the museum commemorates the life and works of Robert Burns.

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