The Prostate Cancer Charity

Fundraising Dinner

PROSTATE CANCER GIBRALTAR

LITTLE BAY
BAR & RESTAURANT
indian tapas & dining

Date 15th October 2026 Time 19.30

Price £60.00 / Dress code light blue

Raffle, auction and a heads and tails game, hosted by Mike Nicholls

Music accompaniment by Johnny Cooper & Carmel



For prostate tests please email prostate@gha.gi

Reservation only~ to purchase tickets please email kelly@littlebay.gi
or WhatsApp +34617348276 Telephone 20040971
Payment in advance.
Vegan alternative menu upon request

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A warm welcome with a green tea, hibiscus and pomegranate spritzer

To start

Gentle achari spiced sea bass and salmon tikka *on a bed of creamed cauliflower, broccoli and spinach. Garnished with avocado, capers and pine nuts.*

Paired with Pazo Pondal Albariño

Why this fish and these ingredients? Salmon and Seabass are high in Omega 3 fatty acids. They actively decrease inflammation and can help reduce tumours. They are also a great source of clean protein. Cauliflower, broccoli and spinach are packed with glucosinolates which break down into compounds like sulforaphane. research shows they can selectively target and eliminate cancer cells whilst leaving healthy prostate tissue cells untouched. Avocados support prostate health because they contain beta-sisterol healthy fats and antioxidants that help reduce and lower the risk of prostate cancer. Beta-sisterol is a plant sterol in avocados that helps ease urinary tract symptoms tied to an enlarged prostate or benign prostatic hyperplastia BHP. Capers are considered good for prostate health because they are exceptionally rich in quercetin- a power plant antioxidant. It lowers PSA numbers and helps with prostatitis. Pine nuts are great because they contain high levels of zinc and healthy fatty acids that help reduce inflammation and supports the metabolic system.

Onto mains

Pan seared tofu cooked in rajma, chana and tomato masala.

(Chicken option available on request).

Served on a bed of tomato whole grain rice. Accompanied with thyme and tomato scented chapati.

Paired with Macan Clasico

Tofu is excellent for the prostate because it is a rich source of isoflavones- plant compounds that help lower the risk of prostate cancer and the growth of prostate tissue by inhibiting PCa cell motility and invasion. Cooked tomatoes contain the prostate hero Lycopene, it is a potent antioxidant that neutralises free radicals, protects DNA and has been shown to reduce prostate cancer by 35% when consumed regularly. (Eating with avocado helps the body absorb lycopene) Rajma (kidney beans) and chana (chickpeas) provide essential zinc, fibre and phytoestrogens that lower inflammation thereby reducing prostate cancer risk. Thyme induces Apoptisis. Studies have shown that thyme extracts and specific compounds like thymol promote programmed cell death (apoptosis) in prostate cancer cell lines.

Curry braised kale and cabbage with pinto & edamame beans.

A wonderfully fragrant curry with a light coconut base, garnished with curry leaves.

Kale and cabbage are good for the prostate because they contain special plant compounds called phytochemicals, including sulforaphane and indoles, which help slow abnormal cell growth and reduce the risk of prostate cancer. Shared Benefits of Legumes (Pinto Beans and Edamame) Plant-Based Protein: Replacing red or processed meats with plant proteins like beans helps lower the intake of saturated fats and harmful compounds linked to prostate issues. High Fiber Content: Dietary fiber helps regulate hormone and estrogen metabolism, supporting overall hormonal balance in the body. Reduced Inflammation: Regular consumption of legumes improves gut health and reduces oxidative stress, which are crucial factors in preventing cellular damage.

A sweet ending

Watermelon and wild berry kulfi drizzled

With a coulis of hibiscus and green tea.

Paired with Monciagle Rose Cotes du Provence

This wonderful collaboration of vibrant ingredients protect urinary function and cellular defense. They are rich in bioactive defense compounds that lower inflammation, neutralise cell damaging free radicals, lower free radicals, lower PSA levels and suppress the growth of abnormal prostate cells. On top they are yummy!

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