

Ask a Specialist Times

Spice of life found in Tunsgate

PLANET Spice can be found in the heart of Tunsgate in Guildford.

It is well situated for local businesses at lunchtimes, for an evening snack before going out, or just a quiet meal.

The restaurant opened two and a half years ago and has proved to be a popular choice with its extensive menu and the chef's specialities.

There are the all-time India favourites plus dishes that are a

little bit different.

From Sunday to Thursday diners can enjoy a four-course meal for £9.95.

If you prefer to drop in at lunchtimes, Plant Spice offers a starter and main course for £6.95.

You can choose from an onion bhaji or samosa (meat or vegetable) for the starter and for the main course choose from tikka biriani, chicken bhuna or lamb

dopiaza, with plain or pilau rice.

The lunchtime special is available seven days a week including bank holidays.

There are large car parks close by and after 6pm you can park in Tunsgate itself.

Enjoy the taste of India in the cool surrounding of Plant Spice.

For further information and reservations call 01483 306222 or 569444.



Becky found it was a Sure way to lose weight

"MY weight is something I have battled to control since the age of 18," said Becky Jones who has lost six stone using Sure Slim's Quick Loss programme.

"I have frequently managed to lose a couple of stone only to regain it all, plus more. I got to a weight I was happy with five years ago for my wedding.

"Upon our return from honeymoon we decided to start a family and it was then that my serious weight gain started.

"By Christmas 2005 I had gained five and a half stone.

"The moment of realisation for me was when a new friend saw a wedding photo of me and asked who it was.

"I still felt like the person I was on my wedding day, but no longer looked anything like myself.

"It was then that my mum presented me with an advert for Sure Slim and my dad offered to pay for the course.

"During my six months on the



Becky Jones before and after Sure Slim's Quick Loss programme

Quick Loss programme I achieved results that I never believed were possible.

"I went from 16 stone to 10 stone - half a stone less than on my wedding day. From a size 22 to a size 12.

"From an unhappy, unconfident and unhealthy person to one that feels fantastic.

"Sure Slim is a very healthy and

extremely effective weight loss programme."

She added: "The one-on-one consultations have been an invaluable support and I cannot recommend it enough."

For further information please see the advertisement on this page.

Three carpets cleaned for price of two

THE owners of Yateley-based A Clean Touch want you to be pleased with every job they do, so they offer a risk-free guarantee.

If for any reason you are not happy they will reclean for free. To them there is nothing more important than your total satisfaction.

Neil said: "I pride myself on the quality of my work and offer the service that I demand from trades coming into my home.

"We are fully certified, trained technicians who take the utmost care when dealing with your carpets and furniture and are very professional.

Call 0800 389 6993 to talk to your local family carpet cleaners, Neil or Jo, who will be happy to advise you on any offers available, including the current one of three carpets cleaned for the price of two.



PLANET SPICE
INDIAN RESTAURANT



Sunday to Thursday
4 Course Meal for £9.95
per person

Lunch Special
7 days a week

20% Discount
on collection orders

FREE HOME DELIVERY
within 3 miles radius

12 noon - 2.30pm & 6.00pm - 11.30pm. Including Bank Holidays

20 Tunsgate, Guildford, Surrey GU1 3QS
Tel: 01483 306222 / 569444

THE PERFECT FIGURE...

Sally Stoyles tells how she lost weight in time for her wedding thanks to Sure Slim:

"I wanted to lose 4st before my wedding. In March 2003 I was looking and trying on size 22 wedding dresses, and in September I ordered a size 12 with the aim of keeping me focussed on losing weight."

My friend recommended me to SureSlim, so I went along for my consultation and once I had received my blood test results I started the diet straight away."

"The first week I lost 8lbs and the weight kept falling off. In less than five months I had lost 4st and 25 inches." "The diet is like no other diet I have ever tried, because the weight loss happened so quickly, and I could see my dress sizes going down. I felt that the Quick Loss Diet was really working for me."

"A few of my friends are now on the Quick Loss Diet and they are having the same results. I am now on the maintenance plan and

the weight is staying off. The diet has really changed the way I think about food, and with the help and support from the SureSlim clinic, I know I will keep the weight off forever.

"Using your blood test results and medical history SureSlim designs an eating plan to correct your glucose metabolism and balance your hormone levels so you can lose weight easily and healthily. Your lifestyle, dietary restrictions, food preferences are also incorporated into your personalised eating plan.

SureSlim also provides one-to-one support until you reach your goal weight and will then introduce the Lifestyle program that will ensure you maintain your weight for life.

Call now and book in for free information consultation and have the concept explained. Now is the time to take action. Call the Guildford branch on: 01483 511311.

www.sureslimuk.com
01483 511311
45 High Street* Guildford Surrey GU1 3DY email: guildford@sureslimuk.com *Just past Next

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