

# Lunch Menu

7<sup>th</sup> – 20<sup>th</sup> March 2019 12.00 – 3pm  
£10.95 for 2 courses (starter & main) Supplement - S

Homemade soup of the day – *gf*

Goat's cheese and beetroot arrancini with spiced onion chutney and dressed rocket

BBQ pulled pork bruschetta with a pickled red onion salad

Oatmeal rolled soused herring with citrus crème fraîche and pea shoots

Watermelon and feta salad with mint yoghurt dressing and toasted seeds – *gf*

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Seared 21 day aged Highland rump steak, from Munro's of Dingwall, with sage mash, seasonal vegetables and caramelised onion and Arran mustard sauce – S £3.95 *gf*

Slow braised beef, mushroom and caramelised onion pie with roasted winter vegetables – *gf optional*

Grilled fillet of sea bass with Asian red cabbage slaw and crispy noodles – S £1.95

Roast breast of chicken with herby basmati rice and a Thai green curry sauce – *gf*

Pan fried Hake fillet with slow cooked aubergine, red pepper and courgette ratatouille – *gf*

Fresh tagliatelle with broccoli, cherry tomatoes, sunflower seeds and Parmesan – *v*

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## Lunchtime Special

*Any starter plus*

**Pan fried fillet of salmon with sticky teriyaki vegetables  
and udon noodles – £16.95 *gf***

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Side orders

French fries £2.95 / Mustard Seed house salad £3.25

Garlic bread £1.75 Add cheese £0.75 / Side of vegetables £1.00

V - Vegetarian – *gf* - Gluten free

Allergy Notice

If you require any information regarding allergenic ingredients in our foods please ask a member of staff