

# Lunch Menu

**2<sup>nd</sup> – 15<sup>th</sup> May 2019 12.00 – 3pm**

*£11.95 for 2 courses (starter & main) Supplement - S*

Homemade soup of the day – *gf*

Panko breaded chicken tenderloins with wasabi mayo and pickled Asian slaw

Smoked mackerel fillet with cucumber salsa, pea shoots  
and horseradish crème fraîche – *gf*

Roasted red pepper bruschetta with avocado, virgin olive oil and rocket salad – *v*

Borlotti bean and roasted courgette salad with lemon vinaigrette and toasted  
sunflower seeds – *gf v*

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Seared 21 day aged Highland rump steak, from Munro's of Dingwall,  
garlic and thyme roasted potatoes, tenderstem broccoli,  
green peppercorn sauce – *S £2.95*

Roast breast of chicken, olive oil and herb crushed potatoes, fine green beans  
and thyme jus – *gf*

Beef and pork sausagemeat meatballs with tomato and basil sauce and creamy  
mashed potatoes

Grilled fillet of sea bass served with crushed new season potatoes, sun-blushed  
tomatoes and seasonal greens – *gf*

Pan fried hake with curried potato salad, fennel and crunchy red radish – *gf*

Gnocchi with roasted aubergines, chilli and tomato jam  
and garlic pangrattato – *v*

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## **Lunchtime Special**

*Any starter plus*

**Roasted fillet of salmon with a stir fry of udon noodles  
and teriyaki sauce with toasted sesame seeds – £16.95**

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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