

# Lunch Menu

**5<sup>th</sup> – 19<sup>th</sup> September 2019 12.00 – 3pm**  
*£11.95 for 2 courses (starter & main) Supplement - S*

Homemade soup of the day – *gf*

Locally sourced haggis, honey and oregano roasted pear, rocket salad  
with Arran mustard dressing

Beetroot hummus, toasted pitta bread, cucumber salad, virgin olive oil – *gf optional*

Soft smoked trout taco with spring onion potato salad, pickled red onions  
and shredded iceberg lettuce

Watermelon, feta and mint salad with toasted pumpkin seeds,  
pink grapefruit dressing – *gf*

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Seared 21 day aged rump steak, from Munro's of Dingwall,  
crushed new season potatoes, roasted courgettes and carrots,  
green peppercorn and brandy sauce – *S £2.95 – gf*

Breast of chicken marinated in curry spices and yoghurt,  
'Coronation' rice, tenderstem broccoli and Rogan Josh sauce – *gf*

Slow cooked pork, wild mushroom and autumn vegetable casserole, chive mash – *gf*

Grilled fillet of sea bass with Moroccan style couscous, chickpea salad,  
rose harissa and fennel

Spaghetti with Scottish crab, west coast mussels, chilli, lemon, parsley  
and garlic breadcrumbs

Sweet potato, leek and spinach frittata with rocket, tomato and red onion salad – *v*

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## **Lunchtime Special**

*Any starter plus*

**Fillet of Scottish salmon, Moroccan style couscous and chickpea salad,  
rose harissa dressing and smoked Shetland mussels – £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

Vegetarian – *v* - Gluten free – *gf* - Dairy free – *df*

Allergy Notice

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