

Starters

"Brot an latha an diugh" rosemary flavoured pastry twists : Soup of the day	£4.35
Duck and shitake mushroom terrine , orange segment salad, ginger and chilli piccalilli	£5.95
Hot smoked Scottish salmon and crab cakes rolled in pinwheel oatmeal, wasabi crème fraiche	£6.10
Grilled Asian spiced quail , crispy rice cake, peanut satay, coriander cress	£6.10
🌊 Grilled red mullet sat on a fricassee of squid, light bouillabaisse jus	£5.95
✓ Wild mushroom and pea risotto , topped with a poached hen egg, sweet potato crisp	£4.95
✓ Ravioli filled with goats cheese and a brunoise of Mediterranean vegetables, arrabiatta jus	£4.95

Main courses

Chicken and pheasant breast roulade rolled in streaky bacon , with Orkney clapshot, juniper and red currant port wine reduction	£13.90
Duo of venison and pork loin , crispy crackling, set on crushed sweet potato, lingonberry glaze	£17.95
🌊 Grilled fillet of sea bass , wilted pak choi, creamy white wine mussel broth	£16.95
Pan grilled Gressingham duck , puy lentils and Toulouse sausage fricassee, port glaze	£17.15
✓ Tuscan style vegetable and mixed bean casserole , basil and vegetable haggis fritters	£11.95
✓ Spiced squash, pumpkin, red onion and cherry tomato tart tatin , goats cheese cream	£11.95
Slow braised shin of beef , pomme mousseline, red wine sauce	£15.00
Herb crusted loin of monkfish , chorizo and mushroom risotto	£19.15

From the char-grill

Scottish sirloin steak - 8oz - Choice of sauces - Diane or peppercorn brandy	£19.95
T- Bone steak - 12oz - Choice of sauces - Diane or peppercorn brandy	£26.00
Char-grill of the day - please ask your server -	market price
Minted 8oz lamb burger , toasted ciabatta roll, dressed salad garnish, tzatziki dressing	£14.95
<i>All above are served with balsamic glazed tomato, sautéed mushrooms, croquette potato or salad</i>	
Breast of chicken marinated with za atar spice, couscous pilaf	£11.95
🌊 Scottish salmon fillet , Riesling and dill cream velouté	£12.50

Inspired by the Hebrides

	Starter	Main
🌊 Isle of Lewis "Leurbost" Mussels dry cider and onion broth, or coconut, lime and coriander broth, crusty bread	£6.70	£13.50
🌊 Pan fried local scallops , black pudding and apple compote, Dijon mustard sauce	£10.50	£22.10
✓ Vegetarian haggis , neeps and tatties, isle whisky sauce	£5.35	£10.70
Local Haggis , neeps and tatties, isle whisky sauce	£5.60	£11.20
Solas "open " Forfar bridie filled with local smoked haddock ragout, dressed salad	£ 6.10	NA
Slow braised lamb shank , rumbledethumps, rosemary and garlic jus	NA	£15.25

All main courses are served with a bouquetière of buttered seasonal vegetables

🌊 - Fish and seafood - although great care is taken, it is possible that some bones may remain in filleted fish, or fragments in shelled seafood. Weights shown for steak etc., are uncooked.

Dietary allergies

Some items on this menu may contain nuts or other allergens. Please ask our staff for advice before ordering and we will be happy to assist you. Our insistence on the finest quality ingredients may occasionally mean that dishes become temporarily unavailable.

Desserts

Banoffee pie , rich fair trade chocolate sauce	£6.25
Spiced apple, plum and raisin strudel , vanilla bean ice cream ball	£6.25
Selected Scottish cheeses with local oatcakes and vine fruits	£6.95
Grilled apricot frangipani tart , berry compote	£6.50
Baked white chocolate and chunky fudge cheesecake , chantilly cream	£6.25
Home made Hebridean gelato ice creams and sorbet - please ask for today's flavours	per scoop £1.60

Lavazza speciality coffee

Espresso - intense flavour	£2.20
Double shot espresso	£2.55
Macchiato - espresso plus a dash of foamed milk	£2.55
Long black - full bodied espresso, topped with hot water	£2.55
Flat white - espresso base filled with steamed milk	£2.55
Cappuccino - one third each espresso, hot, steamed milk and frothed milk, topped with chocolate powder	£2.55
Latte - served in a glass with two thirds steamed milk, layered espresso and a layer of foam milk on top	£2.55
Mochaccino - espresso and drinking chocolate topped with steamed and frothed milk, served in a tall glass	£2.70
Hot chocolate	£2.60
Twinings teas (Please ask staff for flavours)	£2.55



Famous Hebrideans

Angus Mòr MacAskill, frequently referred to as Giant MacAskill or Black Angus (1825 – August 8, 1863), was a Scottish-Canadian Giant, and was known as the world's largest "true" giant (normal proportions, no growth abnormalities). The 1981 Guinness Book of World Records lists Angus as the tallest natural giant who ever lived, the strongest man who ever lived, and the man having the largest chest measurements of any non-obese man (80 inches, or 2,000 mm).

MacAskill was born on the Isle of Berneray in the Sound of Harris. His father was Norman MacAskill, who stood 5 feet 9 inches (1.75 m) tall, and his mother was Christina Campbell. Angus had twelve siblings, several of whom died young.

Apparently Angus was an ordinary-sized baby. After several years in Stornoway, Outer Hebrides, the family settled in the

Nº 2 of a continuing series.

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fishing community of Englishtown, Cape Breton Island around 1831.

By his 20th year had attained 7 ft 4 in (2.24 m), eventually reaching 7 ft 9 in (2.36 m) within another year or two. MacAskill was well known for feats of strength such as lifting a ship's anchor weighing 2,800 pounds (1,300 kg) to chest height. In 1849 he entered show business and went to work for P.T. Barnum's circus, appearing next to General Tom Thumb.

In the summer of 1863 MacAskill undertook a trip to the colonial capital at Halifax during which he suddenly became seriously ill and eventually died peacefully in his sleep on August 8, 1863, the Rev. Abraham McIntosh, the Presbyterian minister, being in attendance and many neighbours in the house.

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