

Typical Lunch Menu

1 course £ 8.99
2 Courses £11.50
3 Courses £14.75

Starters

Soup of the day

with sesame and black onion seed twists

F. Grilled fillet of oatmeal and herb crusted herring

pickled vegetables, dressed salad leaves,

A local haggis, neeps and tatties stack

served with whiskey sauce

Chicken liver parfait, toasted crostini,

with apple and pear chutney, salad leaves

V. Solas Bruschetta, roasted vegetables, herbs, mozzarella

on a tomato brushed toasted ciabatta slice

V. Aubergine and potato bhaji

served with salad leaves, cucumber and minted yoghurt dip

Main Courses

Slow braised beef bourguignon

with mashed potatoes and braising liqueur sauce

Chicken breast stuffed with black pudding and apricot

with mashed potatoes and a shallot jus

F. Hebridean fish pie

topped with a creamy mashed potatoes

V. Spinach and herb gnocchi

with a rich pomodoro sauce

Lamb Tagine

with Moroccan style cous cous

V. Baked capsicum pepper stuffed with Paneer, vegetables and pulses

with basmati rice

F. Isle of Lewis "Leurbost" mussels - served either with Goan curry sauce or classic marinère

served with toasted baguette slices

All main courses served with a bouquetiere of seasonal vegetables

Desserts

Apple and Blueberry cobbler with vanilla bean ice cream

Toffee fudge yoghurt fool

Banana and croissant bread and butter pudding, with sauce Anglaise

Peach melba served on a meringue nest

Two scoops of Gelato ice cream made with Hebridean full cream milk and cream

F - Although great care is taken in filleting fish, it is possible that some bones may remain.

V Vegetarian dish

Paneer - In India, cottage cheese is the perfect alternative for vegetarians! Paneer (the name it is known by in India), is often homemade in big blocks (not runny as in the rest of the world) and then cut into cubes or slices. Its delicate milky flavor easily absorbs and adapts to the flavors of other ingredients used in a dish with it. As a result, it is very versatile

Tagin-Slow baked lamb, slow simmering in the famous complex Moroccan herb-and- spice sauce called harissa. Ingredients that include garlic, cumin, piri piri chili peppers, serrano pepper or other hot chillis, olive oil cilantro, and lemon. Add time to the equation and you have a dish that is bright, savory, and exciting to eat.

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.

1st September 2010