

MONDAYS  
**MEAT FREE  
MONDAY SPECIALS**

2 meat free main course specials  
Available from 5pm

WEDNESDAYS  
**GOURMET  
BURGER NIGHT**

All burgers £10, for one night only  
Look out for our locally sourced specials  
Available from 5pm

FRIDAYS  
**FISH & CHIP  
FRYDAYS**

Choose from 3 fish of the day or maybe  
treat yourself to our deluxe fish and chips  
Available from 5pm

SATURDAYS  
**SEAFOOD  
SATURDAYS**

2 seafood specials, from the pier to  
the pan as fast as we can!  
Available from 5pm

# CUAN MOR GLUTEN FREE MENU

## STARTERS & SHARERS

### LOCAL SMOKED SALMON £7.99

With golden beetroot piccalilli

### SEAFOOD PLATTER FOR 2 £15.99

Local smoked salmon, smoked mackerel, prawn cocktail, rollmop herring and crab timbale. Served with dips and gluten free oatcakes

### CRAB TIMBALE £7.99

Succulent white crab meat gently bound with spring onion, sweet peppers, chilli, mustard and crème fraiche

### CUAN PRAWN COCKTAIL £7.50

North Atlantic Prawns bound in our special cocktail sauce, served on crispy iceberg with fresh lemon and gluten free oatcakes

### STEAMED ARGYLL MUSSELS £7.50/11.50

Local sourced mussels in a creamy garlic, wine and herb broth. Served with gluten free oatcakes

### CUAN MOR PATE £6.50

Our special recipe chicken liver pate served with gluten free oatcakes and chutney

### INDIAN STYLE KING PRAWNS £8.50

Mango dip and wild leaves

### SEAFOOD CHOWDER £7.50

Our own velvety chowder with chunks of prime fish, shellfish and potato. Served with gluten free oatcakes

### KARAAGE CHICKEN WINGS £6.99

Japanese style chicken wings served with Togarashi mayonnaise

## GOURMET BURGERS & STEAK

### HAND MADE RUSTIC BACON CHEESE BURGER £11.99

Grilled Simon Howie Gluten Free Burger served with Ayrshire Bacon and Mull of Kintyre Cheddar on a Gluten Free Bun with Hand Cut Maris Piper Chips, a Wild Leaf Garnish, Tomatoes and Red Onions and homemade coleslaw

### WILD VENISON BURGER £11.50

6oz Venison Burger topped with smoked cheddar and apple Chutney on a Gluten Free Bun with Hand Cut Maris Piper Chips, a Wild Leaf Garnish, Tomatoes and Red Onions and homemade coleslaw

### GREEK STYLE LAMB BURGER £11.50

Juicy lamb burger topped with harrisa spiced smoked houmous and tzatsiki. Served on a gluten free bun with sweet potato fries

### 8oz 21 DAY AGED SIRLOIN STEAK £21.99

Cooked to your liking and served with your choice of the following:

Peppercorn sauce, chips and coleslaw £21.99

Potato gratin, tender stem broccoli and a smoked paprika tomato sauce £21.99

## SIDES

CUAN MOR CHIPS £2.50/TODAY'S GREENS£2.50 / COLESLAW £1.50/ SWEET POTATO FRIES£2.99 / SEASONED WEDGES£2/SMOKED HOUMOUS WITH HARISSA £1.50  
CHAR-GRILLED CHICKEN SAUCE £1.99

## PUDDINGS

### STICKY TOFFEE PUDDING £5.99

Gluten Free Sticky Toffee Pudding served with Fresh Cream and a Rich Toffee Sauce

### DAIRY FREE HOT RASPBERRY & MERINGUE SUNDAE £5.99

Dairy Free Vanilla & Raspberry Ice Creams layered with crunchy meringue pieces and topped with hot raspberries

### CHOICE OF LUXURY ICE CREAMS

Vanilla, Scottish Raspberry and Double Cream Dairy Ice Cream swirl, Salted Caramel or Chocolate with Chocolate Chip.

We also have Dairy free Vanilla and Raspberry ice creams available.

One Scoop: £1.70 • Two Scoops: £2.85 • Three Scoops: £3.99

## FROM THE SEA

### ISLE OF MULL SCALLOPS £18.99

Seared local scallops served over mustard mash with, asparagus and cheese sauce

### FISH AND CHIPS £10.99

Fresh flaky haddock, golden fried in coeliac batter, served with Cuan fries, a wild leaf garnish and homemade tartare sauce. (Please note our frying oil may contain traces of flour product)

### WHOLE SEA BREAM £14.99

Lemon and garlic baked whole sea bream served with tomato

### LOCAL SALMON FILLET £14.99

Local salmon fillet with a white wine, soft herb and prawn sauce. Served with potato gratin and tenderstem broccoli

### LOCAL COD FILLET £13.99

Cod loin fillet wrapped in pancetta and served with sweet potato, chorizo and sage drizzled with paprika butter

### HAM AND HADDIE £13.50

Tender roast gammon topped with locally smoked haddock and served over creamy mash with cheddar and chive sauce

## THE REST

### CHAR GRILLED CHICKEN £11.50

Butterfly chicken breast topped with a mild curry and mango cream, Served with jeera rice

### CHICKEN CUAN MOR £12.99

Breast of chicken with a thyme and pistachio stuffing, rolled in smoked bacon and served over creamy mash with Drambuie sauce and fresh asparagus.

### MACARONI CHEESE £10.99

Creamy homemade macaroni topped with salami and black pudding and glazed with smoked cheddar. Served with Cuan chips and garlic bread

### GAMMON STEAK £12.99

Served with sweet potato, chorizo and sage, tenderstem broccoli and tomato and smoked paprika sauce

### CHICKPEA, SWEET POTATO AND SPINACH CURRY (V) £9.99

Served with jeera rice

### SMOTHERED CHILLI CHICKEN £12.99

Tender chicken escalope topped with homemade chilli con carne and and cheese. Served with wedges, guacamole and sour cream.

### RED LENTIL, CHICK PEA AND VEGETABLE DAHL (V) £9.99

Served with jeera rice

## BEER

### DRAUGHT

TENNENTS £4.20  
 GUINNESS £5.25  
 CALEDONIAN BEST £3.90  
 MAGNERS £3.90  
 MAGNERS DARK FRUITS £4.35  
 HOUSE LAGER £3.95  
 INNES & GUNN LAGER £4.99  
 INNES & GUNN IPA £4.99

WEEKLY CASK ALES  
 PLEASE ASK YOUR SERVER FOR DETAILS

### BOTTLE BEERS

BUDWEISER 330ml £3.20  
 CORONA 330ml £3.50  
 PERONI 330ml £3.50  
 THISTLY CROSS AWARD WINNING  
 SCOTTISH CIDER 6.2% 330ml £4.80  
 REKORDERLIG STRAWBERRY  
 & LIME 330ml £4.50  
 WKD BLUE 330ml £3.70  
 SMIRNOFF ICE 330ml £3.70  
 BECKS BLUE  
 Alcohol Free 330ml £3.00

## COCKTAILS

MARGARITA £6.00  
 MOJITO £6.50  
 COSMOPOLITAN £6.50  
 STRAWBERRY/RASPBERRY DAQUIRI £6.50  
 FRENCH MARTINI £7.00  
 ESPRESSO MARTINI £7.50  
 BELVEDERE VODKA MARTINI £8.00  
 CAORUNN GIN MARTINI £8.00

## WINE

### THE MODEST BUNCH

125ml £3.65 175ml £4.99 Bottle £19.99  
 BEL OLIVIER COLOMBARD/  
 SAUVIGNON, FRANCE  
 LAS CONDES CHARDONNAY, CHILE  
 BEL OLIVIER GRENACHE/MERLOT,  
 FRANCE  
 LAS CONDES CABERNET  
 SAUVIGNON, CHILE  
 ZINNIA WHITE ZINFANDEL ROSE, USA

### THE BOLD BUNCH

125ml £4.25 175ml £5.65 Bottle £22.99  
 VILLA MOLINO PINOT GRIGIO, ITALY  
 DOM RAMOS WHITE RIOJA, SPAIN  
 TALL HORSE CHENIN BLANC,  
 SOUTH AFRICA  
 PODEROSA MALBEC, CHILE  
 PITMASTER SHIRAZ/VIIGNIER,  
 AUSTRALIA  
 COSMINA PINOT NOIR, ROMANIA  
 VILLA MOLINO PINOT GRIGIO BLUSH  
 ROSE, ITALY

### THE BIG BOY BUNCH

125ml £4.85 175ml £6.49 Bottle £25.99  
 BOUNDARY HUT, SAUVIGNON,  
 NEW ZEALAND  
 MONTMASSOT PICPOUL DE PINET,  
 FRANCE  
 DOM RAMOS RIOJA CRIANZA, SPAIN

### SPUMANTE

125ml £4.85 Bottle £27.99  
 MIONETTO PROSECCO SPUMANTE,  
 ITALY

## SPIRITS

### SPIRITS

SMIRNOFF VODKA £2.40  
 GORDONS GIN £2.40  
 BACARDI £2.40  
 CAPTAIN MORGANS £2.40  
 WHYTE & MACKAY £2.40  
 FAMOUS GROUSE £2.40  
 SOUTHERN COMFORT £2.40  
 OVD DARK RUM £2.40  
 JACK DANIELS £2.60

### OTHER SPIRITS / LIQUEURS

JAMESONS IRISH WHISKY £2.40  
 MALIBU £2.40  
 GREY GOOSE VODKA £3.60  
 PEACH SCHNAPPS £2.40  
 BAILEYS 50ml £4.20  
 MARTELL BRANDY £2.60  
 COINTREAU £2.40  
 DRAMBUIE £2.90  
 GLAYVA £2.90  
 TIA MARIA £2.40  
 DISARONNO £2.40  
 MARTINI ROSSO, DRY 50ml £2.20  
 CROFT SHERRY 50ml £2.40  
 COCKBURNS PORT 50ml £2.40  
 BELVEDERE VODKA £3.60

### GIN

GORDONS £2.40  
 TANQUERAY £2.60  
 BEEFEATER £2.80  
 BOMBAY SAPPHIRE £2.80  
 EDINBURGH GIN,  
 EDINBURGH RASPBERRY GIN £3.00  
 CAORUNN £3.20  
 BOTANIST £3.40  
 HENDRICKS £3.40

## SOFT

### SOFT DRINKS

PEPSI, PEPSI MAX £1.85  
 BRITVIC TONIC £1.30  
 BRITVIC SODA £1.30  
 TANGO £1.85  
 R WHITES LEMONADE £1.85  
 PINTS PEPSI/LEMONADE/TANGO £2.50  
 PINTS SODA/TONIC £2.00  
 ORANGE, APPLE, CRANBERRY,  
 PINEAPPLE JUICE £1.70  
 DASH £0.75  
 CORDIAL £0.20

### CANS & BOTTLES

PEPSI, DIET PEPSI, 7UP, IRN BRU,  
 DIET IRN BRU, SCHWEPES GINGER BEER  
 CANS £2.00  
 J20 ORANGE/PASSIONFRUIT, APPLE/  
 MANGO £2.50  
 J20 SPRITZ PEAR/RASPBERRY, APPLE  
 WATERMELON £2.50  
 SCHWEPES BABY 125ml BITTER LEMON,  
 GINGER ALE, TONIC, SLIM TONIC,  
 TOMATO £1.30  
 FENTIMANS 125ml TONIC/SLIM TONIC £1.70  
 HIGHLAND SPRING STILL/SPARKLING  
 330ml £1.80  
 HIGHLAND SPRING STILL/SPARKLING  
 1ltr £3.20  
 RED BULL £3.50

## HOT DRINKS

### TEA/COFFEE

ESPRESSO/MACCHIATO £1.90  
 DBL ESPRESSO/MACCHIATO £2.40  
 AMERICANO £2.50  
 FLAT WHITE £2.70  
 LATTE £2.70  
 CAPPUCCINO £2.70  
 MOCHA £2.80  
 HOT CHOCOLATE £2.80  
 TEA £1.80  
 SPECIALITY TEA (please ask your server) £1.80

### SPECIALITY COFFEE

IRISH COFFEE (JAMESONS) £4.95  
 GAELIC COFFEE (DRAMBUIE) £4.95  
 OBAN MALT COFFEE £6.95  
 BAILEYS LATTE £4.95  
 TIA MARIA COFFEE £4.95  
 NAPOLEON COFFEE £4.95  
 BAILEYS HOT CHOCOLATE £4.95

For more detail on our cocktails and to see our varied selection of MaltWhisky's please ask your server for our drinks/dessert menu.