

TUESDAYS  
**STEAK FRITES  
TUESDAY**

8oz Oak Tree Farm rump steak cooked to your liking with fries and peppercorn sauce £12.50 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

Served with mustard and dill dressing

### CUAN MOR PATE £6.99

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

### CRAB AND CRAYFISH COCKTAIL £8.50

Delicate white crab meat and crayfish tails with our own recipe cocktail sauce

### WEST COAST MUSSELS £7.99/£12.99

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

### CHARGRILLED KING PRAWNS £8.50

Marinated in our special garlic pickle and served with mango dip and salad

### SEAFOOD CHOWDER £7.50

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

### HOT AND SPICY CHICKEN WINGS £7.50

Served with pink onion salad, sour cream and chive and barbecue dips

### SEAFOOD PLATTER £15.99

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

## FROM THE SEA

### ISLE OF MULL SCALLOPS £22.50

Wrapped in Virginia smoked bacon, sweet potato mash and creamy garlic and herb petit pois

**SEAFOOD PLATTER £15.99**  
Smoked salmon, smoked mackerel, crayfish cocktail, rollmop herring and crab timbale. Served with dips and gluten free oatcakes

### LOCAL SALMON FILLET

£15.99  
Served with smoked salmon mash, tender stem broccoli and a crayfish and dill sauce

### WHOLE SEA BREAM £16.99

Lemon & garlic baked whole sea bream with tomato and pink onion salad & sweet potato fries

### FISH & CHIPS £12.50

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)

## THE REST

### PARMESAN CHICKEN £13.99

Butterfly chicken breast with a creamy garlic and parmesan sauce, thyme mash and green vegetables

### LAMB SHOULDER £15.99

6 hr braised lamb shoulder served with green vegetables, sweet potato mash and rosemary gravy

### CHARGRILLED CHICKEN

£11.99  
Butterfly chicken breast topped with a mild curry and mango cream,  
Served with jeera rice

### SPANISH STYLE PORK & CHORIZO £11.99

Chunks of pork shoulder slowly pot roasted with tomatoes, garlic, olives, chorizo and rioja. Served with roasted pepper and paprika potatoes

### MUSHROOM RISOTTO (VG) £9.99

Mixed mushroom risotto finished with vegan cheese

## GOURMET BURGERS & STEAK

### WILD VENISON BURGER £12.99

Wild venison burger, apple chutney and blue cheese. Served on a gluten free bun with chips and coleslaw

### KOREAN BBQ BEEF BURGER £11.99

Grilled Simon Howie Gluten Free Burger topped with Korean style BBQ pulled beef and pink onions, served in a gluten free bun with sweet potato fries and coleslaw

### HANDMADE 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

### OAK TREE FARM 8OZ SIRLOIN STEAK £18.99

Grilled to your liking and served with peppercorn sauce and chips

## SIDES

CUAN MOR CHIPS £2.50 / TODAY'S GREEN VEG £2.50 / SWEET POTATO MASH £2.50  
SWEET POTATO FRIES £2.99 / ROASTED PEPPER AND PAPRIKA POTATOES £2.50  
CHAR GRILLED CHICKEN SAUCE £1.99 / SEASONED WEDGES £2.50  
COLESLAW £1.00

## PUDDINGS

### STICKY TOFFEE PUDDING £5.99

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

### SELECTION OF HANDMADE CROLLA ICE CREAM

Choose from vanilla, salted caramel, chocolate and ask your server for today's special flavour of the day We also have Dairy free Vanilla and Raspberry ice creams available

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

## 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.