

MONDAYS
**MEXICAN
MONDAY**

Look out for our Mexican 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

HOMEMADE NACHOS (v)
£6.99

Fresh corn tortillas, crispy fried and served with guacamole, tomato salsa, nacho cheese and jalapeño dressing
Soya, milk & sulphites

LOCAL SMOKED SALMON
£8.50

Served with mustard and dill dressing
Egg, Fish, Mustard & Celery

HOUSE PATE £6.99

Our special recipe chicken liver pate served with chutney and gluten free oatcakes **Milk, Mustard & Sesame**

SEARED SCALLOPS £10.99

Local scallops served with smoked haddock risotto and roasted pepper dressing **Molluscs & Mustard**

SESAME SWEET CHILLI CHICKEN SKEWER £7.99

Served with Chinese leaf salad
Sesame & celery

DUO OF FALAFEL (vg) £6.99

Sweet potato and beetroot falafel with sriracha mayonnaise
Soy, Sesame & Mustard

CRAB AND CRAYFISH TIMBALE £8.99

Delicate Atlantic white crab meat and crayfish tails with our own recipe cocktail sauce
Crustacean, Egg, Milk, Sesame & Mustard

WEST COAST MUSSELS
£7.99/£12.99

Locally sourced mussels in a creamy garlic, wine and herb broth. Served with gluten free oatcakes
Molluscs, Milk, Egg, Celery & Sulphites

SEAFOOD CHOWDER £7.50

Homemade chowder with chunks of prime fish, shellfish and potato. Served with gluten free oatcakes
Molluscs, Fish, Celery, Sesame & Milk

SEAFOOD PLATTER £15.99

Hot smoked Scottish salmon, smoked mackerel, crayfish cocktail, rollmop herring and crab timbale. Served with and gluten free oatcakes **Fish, Crustaceans, Molluscs, Egg, Milk, Mustard & Sesame**

FROM THE SEA

FISH AND CHIPS £12.50

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

LOCAL SALMON FILLET

£15.99

Lightly grilled and served with medley of green vegetables, sweet potato gratin and a garlic and tarragon white wine sauce
Fish, Celery & Milk

WHOLE SEA BREAM £17.99

Lemon & garlic baked whole sea bass with corn salad and sweet potato fries
Fish, Soya, Mustard, Sulphites & Sesame

THE REST

CHAR GRILLED CHICKEN

£12.50

Butterfly chicken breast topped with a mild curry and mango cream, Served with a jeera rice. **Milk, Nuts, Peanuts & Mustard**

BUTTERNUT GOBI DHANSACK

(vg) £9.99

Cauliflower and butternut squash curry served with jeera rice
Mustard, Nuts & Sesame

LAMB SHOULDER £15.99

6 hr braised lamb shoulder served with sweet potato gratin, rosemary gravy and green vegetables **Milk & Soya**

BREAST OF FARM CHICKEN

£12.99

Crushed new potato, chorizo and green beans and asparagus cream sauce
Milk, Celery & Soya

SCOTTISH STEAK AND ALE STEW £11.99

Tender Scotch beef cooked in rich ale gravy served with chips and today's vegetables **Soya & Milk**

GOURMET BURGERS & STEAK

HANDMADE RUSTIC BACON CHEESE BURGER £12.50

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
Egg, Soya, Milk & Mustard

VEGAN CHILLI BURGER

(vg) £11.99

The meatless farm company meat free burger served on a gluten free bun with vegan chilli and vegan cheese. Served with sweet potato fries and salad
Soya & Mustard

8OZ 28 DAY AGED ABERDEEN ANGUS SIRLOIN STEAK £20.99

Grilled to your liking and served with peppercorn sauce, chips and green vegetables **Soya & Milk**

RUMP STEAK SURF AND TURF £18.99

8oz rump steak cooked to your liking and topped with garlic king prawns.

Served with chips, coleslaw and gluten free onion rings
Soya, Crustaceans & Egg

SALADS

SURF AND TURF £18.99

Strips of cajun spiced rump steak with kings prawns and scallops served over a mixed leaf salad with new potato, green beans, crispy griddled corn and a honey mustard dressing
Mustard, Soya, Molluscs, Crustaceans, Egg & Celery

GRIDDLED ASPARAGUS, AVOCADO AND CRISPY CORN £14.99

Served over a tossed salad with roasted corn salsa, red pepper dressing and sprinkled with dried cranberry, sunflower and pumpkin seeds, walnut and toasted almond
Mustard, Sulphites & Nuts

SIDES

HOUSE CHIPS £2.50 **Soya** | TODAY'S GREEN VEG £2.99 **Milk & Soya** | COLESLAW £1.25 **Egg**

SWEET POTATO GRATIN £2.50 **Milk** | PEPPERCORN SAUCE £1.99 **Milk**

CHAR GRILLED CHICKEN SAUCE £1.99 **Milk, Nuts & Mustard**

GLUTEN FREE ONION RINGS £1.99 **Soya** | SWEET POTATO FRIES £3.50 **Soya**

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
 NEGRONI £7.50
 WHITE RUSSION £7.50

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
 GORDONS PINK £2.80
 EDINBURGH GIN,
 EDINBURGH RASPBERRY GIN £3.00
 CAORUNN £3.20
 BOTANIST £3.40
 HENDRICKS £3.40
 DEVIL'S STAIRCASE £3.40
 WHITETAIL GIN £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
 APPLTISER £3.20
 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 £1.90
 DBL ESPRESSO £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.

PUDDINGS

STICKY TOFFEE PUDDING £5.99

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

Milk

SELECTION OF HANDMADE DAIRY ICE CREAM

Choose from vanilla, salted caramel, chocolate and strawberry
 We also have Dairy free Vanilla and Raspberry ice creams
 available One Scoop: £1.70 · Two Scoops: £2.85
 Three Scoops: £3.99

Milk & Soya