

Soups

Soup of the Day (GF,DF,V)

served with our own homemade bread (GF) roll available £4.25

Cullen Skink (GF)

a traditional Scottish chowder made with smoked haddock served with our own homemade bread, **(GF)** roll available Small bowl **£6.95** Large bowl **£11.25**

Wraps, Flatbreads or Gluten Free Flatbreads

served with salad and our rainbow slaw £8.95

Haggis, cheddar and bacon

Shredded Chicken, BBQ sauce, red onion and mozzarella (GF)

Ham, cheddar and hot honey (GF)

Vegetarian Haggis, cheddar and chutney (V)

Harissa Mushrooms, garlic humous and dill yoghurt (VE,GF)

Cherry Tomato, olives, roasted peppers, vegan mozzarella and fresh basil **(VE,GF)**

Flatbread/wrap deal with soup £12.50
Flatbread/wrap deal with Cullen skink £14.95

Salads

Nourish bowl with leafy greens, sautéed kale, tahini roasted cauliflower, caramelised onion and harissa chickpeas, fresh salsa, wild rice, toasted seeds topped with a lemon dressing served with a flatbread

(GF without the flatbread) (Ve) £12.95

Hot Smoked Salmon and potato salad, warm with fresh herbs and a lemon and basil dressing with fresh bread on the side

(GF without the bread) £13.25

Honey Mustard Chicken salad with crispy bacon and parmesan with fresh bread on the side £11.95

Quiche

All served with salad and our rainbow slaw

Goats Cheese, roasted peppers and onions £8.95

Smoked Salmon and leek £9.25

Vegetarian Haggis, chutney and cheddar (V) £8.95

Hot bowls

Lamb Tagine

served with rice and a pitta bread £13.95

Lentil Dahl spinach and sweet potato served with brown rice and naan (Ve) £11.95

Sweet & Sour Chicken

served with rice and sesame seeds £12.95

Kids Menu

£4.50

Cheesy toasty

Cheesy ham toastie

Scrambled egg on toast

Pasta with tomato sauce & parmesan

Sides

Rainbow slaw (Ve) £3.80

Fries **£3.80**

Spicy fries £3.95

Side salad £3.80

Allergies

GF = Gluten Free **DF** = Dairy Free **V** = Vegetarian **VE** = Vegan Please let our servers know if you have any allergies before ordering

All funds raised allows us to continue our work with young people and the key adults in their lives.











