HOT DRINKS

LARGE REGULAR Cappuccino £3.45 £3.15 A distinct rich espresso topped with meringue-like foamed milk and a dusting of chocolate heaven. 154/83kcal £3.45 £3.15 A coffee house favourite of a rich velvety espresso sat with expertly foamed milk. A perfect blend with any flavour shot. Americano £3.15 £2.95 When a bigger cup of coffee is in order, espresso teams up with boiling water, transforming it into a drink to be enjoyed over time. 2/Ikcal £2.40 **Espresso** £2.70 For the coffee purist, rich, aromatic and best enjoyed immediately......Espressly! 2/1kcal £3.45 Flat White Rich espresso with steamed milk. 84kcal Chai Latte £3.95 £3.95 Matcha Latte Filter Coffee £3.00 £2.80 Freshly brewed filter coffee alive with aroma and rich taste. 2/1kcal Mocha £3.60 Where coffee meets chocolate. Simply the best of both worlds. 312kcal £3.35 Hot Chocolate Chocolate in perfectly steamed milk. 310kcal Luxury Hot Chocolate £3.85 Chocolate in perfectly steamed milk, topped with mini marshmallows, whipped cream and chocolate dusting. 435kcal Pot of Ringtons Gold Blend Tea Ikcal £2.45 Ringtons Flavoured Tea 5kcal £2.55 Flavour Shot 226kcal 55p Extra Coffee Shot 60p

COLD DRINKS

Diet Coke / Coke Zero	£2.65
Coke	£2.75
Irn Bru / Diet Irn Bru	£2.65
Fanta Orange / Sprite Zero	£2.65
Appletiser	£3.55
Highland Spring Still Water	£2.10
Highland Spring Sparkling Water	£2.10
Posh Pop Choose from; Sloe and Rose; Strawberry and Rhubarb; Elderflower; Ginger Beer; Plum and Cherry; Cloudy Lemonade	£3.20
Fruit Shoot	£1.65
Capri Sun Orange / Apple	£1.65
Frobishers Orange Juice	£2.85
Frobishers Apple Juice	£2.85
Glass of Milk	£2.25

For more information about the allergens that may be contained in our products please speak to one of our team.

Calories listed are based on an average serving size. Calorie information is correct at the time of printing however, some product variations can occur. Adults need around 2000kcal a day.

Should you require a menu without calories, don't hesitate to speak to a member of the team in our restaurant.

Dishes and ingredients may vary





BREAKFAST

available daily until 11.30am

Full Hearty Scottish Breakfast

£10.95

Cured back bacon, fried hen's egg, farmhouse sausage, lorne sausage, haggis slice, baked beans, sautéed mushrooms and a potato scone. All served with toast, dairy butter and a pot of Ringtons Gold tea or regular filter coffee. 900kcal

Vegetarian Full Breakfast (v)

£9.95

Vegetable sausages, fried hen's egg, creamy avocado, sautéed mushrooms, hash brown bites, baked beans and spinach. Served with toast, dairy butter and a pot of Ringtons gold tea or regular filter coffee. 695kcal

Gardener's Breakfast

£5.95

Farmhouse sausage, cured back bacon, fried hen's egg and baked beans. Served with a slice of hot toast and dairy butter. 562kcal

Vegan Gardener's Breakfast (v) (vg)

£5.95

Vegetable sausage, hash brown bites, mushrooms and baked beans. Served with a slice of hot toast and flora spread. 524kcal

Toast Toppers

Toasted muffin with your choice of topping:

Avocado and poached egg (v) 436kcal	£5.95
Avocado, poached egg and bacon 560kcal	£6.95
Scrambled egg and bacon 574kcal	£5.95

French Toast

£5.95

Eggy bread fried until golden brown and topped with bacon and maple syrup 877kcal

Eggs Benedict

£7.95

Toasted breakfast muffin topped with home baked ham, soft poached eggs and hollandaise sauce 579kcal

Breakfast Roll

£4.45

A soft morning roll with your choice of filling: Cured back bacon ${\rm 451kcal}$

Farmhouse sausages 419kcal / Lorne sausage 329kcal Vegetable sausages (v) 293kcal

Toast Duo

£2.85

Two slices of bread toasted and served with dairy butter or flora spread $416\mbox{kcal}$

Toasted Teacake

£2.85

Spiced fruit tea cake toasted and served with dairy butter 389kcal

LUNCH

available daily from 11.30am

SANDWICHES

All served with salad garnish and crisps

Ham Salad 697kcal	£6.95

Tuna Mayonnaise £6.95

Flaked tuna and spring onion in mayonnaise 930kcal

Cheese and Caramelised Onion (v) 773kcal £6.95

Egg and Cress 651kcal £6.95

Coronation Chicken 930kcal £6.95

Vegan Gardener's (v) (vg) £6.95

Roast courgette, pepper and onion with houmous and beetroot 738 kcal

Prawn Marie Rose 824kcal £8.95

Add a Cup of Soup to any sandwich for £2.50

GOURMET SANDWICHES

All served with salad garnish and crisps

Hand Battered Fish Goujon Ciabatta £10.50
Fish goujons on a bed of rocket with smashed pea mayonnaise

served in a baked ciabatta. 692kcal

Roast Beef Ciabatta £10.50

Hot roast beef, battered onion rings, horseradish mayonnaise served in a baked ciabatta with a pot of dipping gravy. III2kcal

BBO Chicken, Bacon and

Cheese Ciabatta £10.50

Hot BBQ chicken with bacon and cheddar cheese in a baked ciabatta 916kcal

TOASTED SANDWICHES

Ham and Cheese

£8.95

Soft white bread filled with gammon ham and cheddar cheese. Topped with bechamel sauce and toasted until golden brown. Served with dressed salad and crisps. 1010kcal

Tuna and Cheese

£8.95

Soft white bread filled with flaked tuna, spring onion and cheddar cheese. Topped with bechamel sauce and toasted until golden brown. Served with dressed salad and crisps. 915kcal

Cheese and Caramelised Onion (v)

Soft white bread filled with cheddar cheese and caramelised onion. Topped with bechamel sauce and toasted until golden brown. Served with dressed salad and crisps. 847kcal

FILLED JACKETS

Served with a dressed salad.

Cheese and Beans Jacket Potato (v) £8.50
Topped with cheddar cheese and baked beans. 634kcal

Three Cheese Jacket Potato (v) £8.95
Topped with mozzarella, feta and cheddar. 811kcal

Cheese and Bacon Jacket Potato £8.95
Topped with cheddar cheese and bacon. 751kcal

Coronation Chicken Jacket Potato £9.50

Tuna and Feta Crumb Jacket Potato £8.95

Topped with tuna, spring onion and feta crumb 972kcal

Vegan Katsu Cauliflower &

Topped with coronation chicken. 652kcal

Chickpea Curry Jacket Potato (v) (vg) £8.50
Topped with Katsu cauliflower and chickpea curry. 607kcal

Prawn Marie Rose Jacket Potato £9.95

Topped with prawns in marie rose sauce. 1058kcal

DELI PLATES

Gardener's Ploughmans

£11.50

Gammon ham, pork and leek sausage roll, cheddar cheese, mixed leaf salad with coleslaw, caramelised onion chutney and crusty bread. 1724kcal

Caesar Salad (v) £8.95

Classic Caesar salad with baby gem, grana padano and crunchy croutons. 526kcal

Add Chicken 694kcal £10.95 Add Prawns 635kcal £11.50

Greek Salad (v) £8.95

Greek salad of mixed leaves, feta cheese, cucumber, tomato, red onion, olives and vinaigrette dressing. 299kcal
Add Chicken 468kcal £10.95
Add Prawns 409kcal £11.50

Chef's Quiche of the Day £10.95 served with a choice of Caesar salad,, Greek salad or gourmet chips.

Traditional Pasty £8.95 served with salad garnish and crisps.

Vegan Keralan Cauliflower

& Chickpea Pasty (v) (vg)

£8.95

Vegan Keralan cauliflower, chickpea and onion bhaji pasty served with salad garnish and crisps. 1056kcal

Pork and Leek Sausage Roll

Homemade pork and leek sausage roll served with salad garnish and onion relish. 1056kcal

Chef's Soup of the Day

£5.95

£5.95