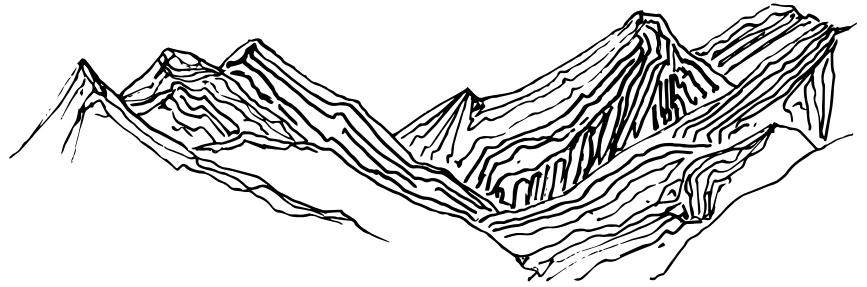


kick start your day!

mountain cafe
aviemore



breakfast menu 8:30am -11:30am



Fresh Fruit Salad ●●●●● £7.00

fresh fruit salad in a light elderflower syrup with natural yogurt on the side & a drizzle of honey

Super Food Granola Bowl ●●●●● £9.50

mixed seeds, nuts, strawberry, coconut, maple, cranberry & oat granola. With Greek style yogurt, stewed & spiced winter fruits, fresh blueberries, banana, raspberry compote, toasted coconut, vanilla orange & a drizzle of runny honey

Porridge ●●●●●

• plain £6.00

• vanilla poached oranges, blackberry compote & toasted smashed hazelnuts £7.50

Pancakes & Syrup ● £10.90

• Kiwi style - bacon, banana, stewed berries & fresh blueberries

• wintery crumble - winter spiced fruits- plums, apple, raspberries, blackberries, blueberries with oat almond crumble crunch & clotted cream

All Day Breakfast ●●●●● £11.50

beef sausages, black pudding, bacon, plum tomato, field mushroom, beans, hash brown & fried free range egg. Served with toast, coffee, tea or juice

gluten/wheat free supplement £1.00

Veggie Breakfast ●●●●● £11.50

veggie sausage, potato courgette & chive rostis, plum tomatoes, field mushroom, spicy haloumi, spinach & fried free range egg. Served with toast, coffee, tea or juice

gluten/wheat free supplement £0.50

Tropical French Toast ● £10.90

chunks of eggy ciabatta with brown sugar, cinnamon & coconut baked pineapple, stewed raspberries, banana, pomegranate, a drizzle of syrup, crushed candied pecans & toasted coconut

Scrambled Egg & Multi Seeded Toast ●●●●●

• black pudding & avocado smash £10.90

• dukkah nut & spice mushroom with sun-kissed tomato & spinach- stuffed & baked £10.90

gluten/wheat free supplement £0.50

Breakfast Roll (one filling) ●●●●● £3.90

choose from bacon, black pudding, beef sausage, fried egg, veggie sausage

gluten/wheat free supplement £0.50

Extras

bacon, beef sausage, mushroom £0.90

plum tomato, hash brown, beans, fried egg £0.70

black pudding, veggie sausage £1.80

Toast & Spreads ●●●●● £2.00

gluten/wheat free supplement £0.50



It is really important to us that you feel welcome and we will do all we can to provide you with a happy & healthy eating experience. If you have any **DIETARY REQUIREMENTS**, please let your server know so we can adapt your meal to suit your specific needs.

The coding below shows which of our dishes can be adapted

ON REQUEST ONLY

● V vegetarian ● VG vegan ● DF dairy free ● WF wheat free ● GF gluten free

Kia ora & welcome!



We opened our doors in 2004 and have managed to establish ourselves as a bit of an institution in Aviemore with a reputation for fantastic food, a friendly and relaxed atmosphere and an amazing view of the Cairngorm Mountains. Being a Kiwi I craved the cafe culture from back home with its laid back approach to offering great coffee, fresh food and friendly service.

In short, I wanted my own wee piece of NZ in Scotland so I dived in and created the Mountain Cafe!

Ingredients are locally sourced wherever possible, fresh and of the highest quality. The food is healthy and wholesome and caters to a range of needs as well as hopefully being totally delicious.

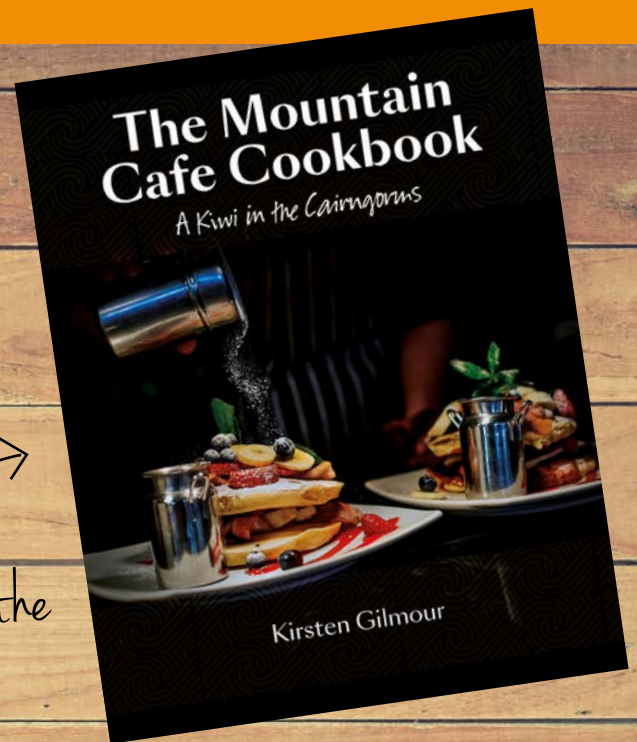
Kirsten Gilmour Owner & Head Chef

Our Cookbook!

Containing over 130 recipes covering a wide range of our food over the years The Mountain Cafe Cookbook hit the shelves February 2017.

The book is a culmination of the cafe's achievements to date as well as a wee celebration of our history, our food and all the amazing people that have worked here to contribute to our successes over the years.

You can flick through a sample at the till, buy a signed copy today or order on our website for postage world-wide.



Get your copy at the till today!



Know where your tucker comes from

We buy & use top notch foods from around our area & Scotland. This is something we are super proud of.

We feel it is essential to offer you lovely folks top quality awesome food, prepared here in our wee kitchen by our passionate chefs!

Meat Grants of Speyside, Granttown on Spey & Mackinnons of Speyside, Aviemore

Fish Pro Fish, Aviemore

Dairy Grahams Dairy, Nairn

Eggs Allaburn Dairy, Nairn

Fruit & Veg James Kippen, Glasgow

Drystore Braehead Foods & Highland Wholefoods

Bread & Rolls Harry Gow, Inverness



Keep in touch with us:
www.mountaincafe-aviemore.co.uk