

PACKED LUNCHES

mountain cafe
aviemore



Take the Mountain Cafe with you wherever you're going. The perfect kayaking picnic, walking lunch or biking fuel; our lunches suit all

If you have any dietary requirements, please let us know so we can adapt your packed lunch to suit your needs

- V** vegetarian **VG** vegan **DF** dairy free **WF** wheat free **GF** gluten free
NFR nut free recipe* **EF** egg free

*NB although we offer nut free bakery items these are NOT produced in a nut free environment

ADULTS PACKED LUNCH £9.00/person

CHOOSE YOUR SANDWICH

all our sandwiches are made with local baker Harry Gow's malted bread



Honey Roast Ham, Isle of Mull Cheddar ●●●●

salad, spiced plum relish with mayo

Falafel ●●●●(can't be ●●)

sunkissed tomato & basil hummus, tabouleh, pickled red onion & rocket

Shredded Chicken Tikka ●●●●

flaked coconut, coriander, onion seed, spring onion, cucumber, tomato & rocket, mango, pineapple & red onion relish with mayo

THE REST OF YOUR LUNCH

MC Granola Bar ●●●

made using our seasonal granola

Scroggin ●●●●●

Kiwi trail mix - packed full of nuts, dried fruits, chocolate and seeds

Fresh Fruit Salad Pot ●●●●●

melon, orange, apple, grapes, passionfruit, pomegranate, pineapple & mandarin, dressed with lime, apple & mint syrup

Packet of Salty Dog

Crisps ●●●●●

We Can Fill Your Water Bottles For You

KIDS PACKED LUNCH £6.75/child

CHOOSE YOUR SANDWICH

sandwich filling options:

- Ham • Cheddar Cheese •
- Beetroot Hummus • Tomato •
- Peppers • Cucumber •

all sandwiches come with butter unless specified.

THE REST OF YOUR LUNCH

MC Hand-Baked Goodie



Fresh Fruit Salad Pot ●●●●●

Marshmallows ●●●●●

TO ORDER or discuss your requirements:

email mail@mountaincafe-aviemore.co.uk or call 01479 812 473

NB - we need two working days notice for group packed lunch orders

