

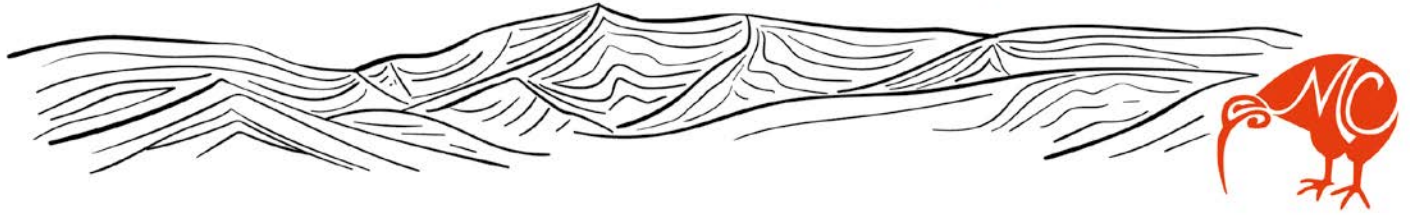


TIME FOR A SPOT OF LUNCH

lunch menu 12 noon – 4 pm



mountain cafe
aviemore



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| <p>Soup £5.50</p> <p>V VG DF WF GF upon request</p> <p>served with our bread or savoury scone</p> | <p>Portugese Style Chicken Salad £14.80</p> <p>DF WF GF upon request</p> <p>chicken breast marinated in home made Piri Piri sauce served grilled on a salad of 'cowboy rice' a mixed brown rice salad with black beans, turtle beans, peppers, tomato, fresh herbs, lime & spring onion, cos lettuce, cucumber slices, a drizzle of yogurt avocado mint & lime dressing, homemade corn bread & chilli butter</p> |
| <p>Smoked Haddock & Coley Chowder £7.90</p> <p>WF GF upon request</p> <p>creamy smoked fish chowder topped with a fennel, dill, celery & lemon garnish, served with our bread or savoury scone</p> | <p>Beef Burger £14.80</p> <p>DF WF GF upon request</p> <p>with mustard mayo, salad leaves, tomato slices, monterey jack cheese, gherkins, pickled sweet & sour red onions in a toasted brioche bun, served with Vietnamese slaw & seasoned fries "our burgers often look a little pink in the middle, this is because we do not use processed beef & the beef we do use is freshly ground steak, straight from the local butcher"</p> |
| <p>Pieces £7.60</p> <p>V VG DF WF GF upon request</p> <p>sandwiches are made using Harry Gow ciabatta bread</p> <ul style="list-style-type: none"> • Caribbean pulled slow cooked pork, mayo, cos lettuce & apple cardamom pineapple red onion relish • falafel, sunkissed tomato & basil hummus, tabouleh, pickled red onion & rocket (cant be ●●) • Connage dairy smoked Dunlop cheese with tomato apple sultana & chilli chutney, rocket & mayo | <p>Laura's Sexy Mac n Cheese £14.50</p> <p>V upon request</p> <p>creamy mac n cheese made with Connage dairy smoked cheddar, topped with crispy panko rosemary & chorizo crumb, a couple of slow roasted ginger chilli & rosemary tomatoes, with a salad of spinach, rocket, red onion, spring onion, chorizo slices dressed with spiced harrisa dressing</p> |
| <p>All-Day Brekkie £11.90</p> <p>DF WF GF upon request</p> <p>beef sausages, black pudding, bacon, tomato, field mushroom, beans, hash brown & fried free range egg, served with toast, butter & homemade jam</p> <p>wheat/gluten free supplement £0.50</p> | <p>Sweetcorn Fritters £14.20</p> <p>V DF upon request</p> <p>NZ style sweetcorn, spring onion, peppers, coriander, mint & chilli fritter stack, layered with sour cream & streaky bacon with avocado smash, served with a side of chipotle sauce</p> |
| <p>Veggie Brekkie £11.90</p> <p>V VG DF WF GF upon request</p> <p>veggie sausage, potato, courgette, seed & chive rostis, tomatoes, field mushroom, spiced haloumi, spinach, beans & fried free range egg, served with toast, butter & homemade jam</p> | |
| <p>Winter Root Veg Salad £14.80</p> <p>V VG DF WF GF upon request</p> <p>warm maple roasted heritage beetroot, carrot & parsnips with kale, pomegranate, chicory leaves, radicchio lettuce, candied brazil nuts with an orange & poppyseed dressing & a drizzle of creamy tahini lemon & ginger dressing, served with a chunk of our homemade bread</p> | |

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IMPORTANT: ALLERGIES

LET YOUR SERVER KNOW IF YOU HAVE AN ALLERGY.

A note on what we can offer: We do everything humanly possible to prevent cross contamination, we take this very seriously with cross contamination systems in place for both our kitchen and serving areas. However, some ingredients from our suppliers are out of our control. We will do everything we can to provide the safest & best eating experience

The key below is used to show which meals are and can be modified **upon request**

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