



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

## ADULTS PACKED LUNCH £9.75/person

### CHOOSE YOUR SANDWICH

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

#### Scottish Pastrami

●●● DF WF GF **upon request**

Scottish pastrami, rocket, homemade sweet pickled cucumber, swiss emmental slices & American mustard cream cheese spread

#### Falafel

● V VG DF ●●●

sun-kissed tomato & basil hummus, tabouleh, pickled red onion & rocket (can't be ●●)

#### Connage Dairy Smoked Dunlop Cheese

● V ●●● WF GF **upon request**

with tomato apple sultana & chilli chutney, rocket & mayo

### THE REST OF YOUR LUNCH

#### MC Granola Bar

● V ●●●●●● EF ●● **upon request**

made using our seasonal granola

#### Scroggin

● V VG DF WF GF EF ●● **upon request**

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

#### Fresh Fruit Salad Pot

● V VG DF WF GF ●●

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

#### Packet of Salty Dog Crisps

● V VG DF WF GF ●●

WE CAN FILL YOUR WATER BOTTLES FOR YOU

## KIDS PACKED LUNCH £7.50/child

### CHOOSE YOUR SANDWICH

sandwich filling options:

Ham | Cheddar Cheese | Sun-kissed Tomato & Basil Hummus

Tomato | Peppers | Cucumber ● V VG DF WF GF **upon request**

all sandwiches come with butter unless specified

### THE REST OF YOUR LUNCH

#### MC Hand-Baked Goodie

● V ●●●●●● EF ●● **upon request**

#### Fresh Fruit Salad Pot

● V VG DF WF GF ●●

#### Marshmallows

●●●● DF WF GF EF ●●



## TO ORDER

or discuss your requirements:

email [mail@mountaincafe-aviemore.co.uk](mailto:mail@mountaincafe-aviemore.co.uk) or call **01479 812 473**

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



### DIETARY KEY

If you have a dietary requirement, **you must let your server know your requirements upon** ordering. The key below is used to show what is and can be modified **upon request** to suit the various dietary requirements we cater for

- vegetarian ● V
  - vegan ● VG
  - dairy free ● DF
  - wheat free ● WF
  - gluten free ● GF
  - egg free ● EF
  - nut free recipe\* ● NFR
- \*NB although we offer nut free bakery items these are NOT produced in a nut free environment