

LOW GLUTEN MENU

Starters

Marinated Gordal Olives 5

Classic Cumbrae Oysters

shallot, lemon and tabasco dressing
single 6 | three 16.50 | half dozen 30

Soup of the Day 7.25
fresh bread roll (ask server)

Cullen Skink 10.50
traditional creamy smoked haddock,
potato and leek broth, bread

Butter Milk Fried Chicken 9.95/17.95
chilli glaze, ranch sauce, pickles

Asian Steak Tartare 12.45
flank steak, lemongrass, coriander, crisp fried sushi rice

Seared Orkney Scallop 15.50
braised fennel, lemon and parsley

Grilled Goats Cheese 10.45
beetroot chutney, hot honey and mustard dressing (v)

Steamed Shetland Mussels 12.00
garlic, white wine and parsley cream, toasted bread

Sticky Shredded Duck 12.45
watermelon and cucumber salad,
teriyaki dressing, toasted sesame

Roast Pepper Houmous 8.95
zaatar spiced baby carrot, carrot and
fennel puree, endive (ve)

Beetroot Tartare 9.45
roast and pickled beetroot, lime, coriander
and lemongrass, crisp sushi rice (ve)

Classic Prawn Cocktail 12.25
atlantic prawns, creamy Marie Rose, gem leaf,
lemon and pickled cucumber salad, bread and butter

Fine Chicken Liver Parfait 9.45
plum and apple chutney, toasted bread, pickled shallot
and watercress salad

Mains

Roast Duck Breast 27.00
roast onion and thyme puree, charred broccoli,
fondant potato, duck sauce

Chimichurri Chargrilled Chicken 18.45
marinated chicken thigh grilled over coals, roast baby
potato, charred onion and peppers, lemon and parsley

**Whole Chargrilled Sea Bream
Stuffed with Lemon** 26.00
fennel and herbs, roast baby potato, charred peppers,
lemon and tarragon butter

Saag Masala Curry 17.95
slow cooked chick pea and potato curry, tomato,
almond yoghurt and spinach, fragrant rice (ve)

Tides Seafood Pie 25.00
parsley cream with salmon, king prawn, langoustine,
smoked haddock and seasonal fish, parsley mashed
potato, Mull cheddar, saute greens

Cajun Spiced Chicken Breast 18.95
fragrant rice, coconut curry cream,
spiced onions and sour cream

Beer Battered Fish & Chips 19.95
sustainable haddock, mushy peas, tartare,
triple cooked chips

Roast Supreme of Chicken 21.95
potato fondant, thyme roast roots,
whisky and peppercorn cream

GRILL

Each remarkable cut is served straight from the charcoal grill with caramelised shallots,
roast vine tomatoes, a fresh watercress salad, and triple-cooked chips.

10oz Rib of Ayrshire Beef 38.00

7oz Fillet of Scotch Beef 40.00

Cote De Boef, Bone In Rib For 2 70.00

ADD A SAUCE — 4.50

PEPPERCORN CREAM, CREAMY BERNAISE
OR CHIMICHURRI

Desserts

Warm Hydro Sticky Toffee Pudding 8.95
salted caramel sauce, honeycomb ice cream (v)

Creme Brulee 8.95
candied whisky marmalade (v)

Passionfruit & Coconut Panacotta 9.25
lime and lemongrass, mango and miso compote

Scottish Cheeses 14.00
Isle of Mull, Arran blue, Glazert goats cheese,
oat cakes, house chutney, grapes

Trio of Ice Cream 7.95
vanilla, honeycomb, raspberry ripple, pistachio,
Choice of sauces: toffee, chocolate, raspberry (v, vea)

(V) Suitable for Vegetarians (VE) Suitable for Vegans (VEA), Vegan Option Available.
Seperate Gluten Free and Dairy Free Menus available. Please inform us of any allergies or intolerances before placing your order.
Not all ingredients are listed on our menu and we cannot guarantee the total absence of allergens.

Kindly note that due to seasonality, menu items may vary slightly.
A discretionary optional service charge of 6% will be applied to your bill.