

Allergens

| Dish | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur Dioxide | Unknown Allergens |
|--|---------------------|-------------|----------|------|---------|-------|---|------|------|------|--------|---------|--------|-----------------|-------------------|
| BAKEWELL GRANOLA BOWL | Y Unknown | | | | M | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | | | | | | | 1 |
| Eggs Benedict | Y Whe Rye Bar | | | | | | | | Y | Y | | | | Y | 1 |
| AVOCADO ON TOAST | Y Whe Rye | | | | | | | | | | | | | | 1 |
| Eggs Royale | Y Whe Rye Bar | | | Y | | | | | Y | Y | | | | Y | 1 |
| SWEET WAFFLES WITH NUTELLA, STRAWBERRIES AND WHIPPED CREAM | Y Whe | | | | | | Y Brz Cas Haz Mac Pec Pis Wal | Y | Y | Y | | | | | 1 |
| FULL SCOTTISH BREAKFAST | Y Whe Oat | | | | | | | Y | Y | Y | | | | Y | 1 |

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| Baked Camembert truffle honey pumpkin seeds | Y Whe Rye | | | | | | | Y | | Y | | | | | 2 |
| Ham Hock Croquette, piccalilli, dill mayo GB | Y Whe Rye Bar Oat | | | | | | | M | Y | Y | | Y | | | 1 |
| tart - Haggis Neeps & Tatties Wholegrain mustard, whisky sauce | Y Oat | | | | | Y | | Y | Y | Y | Y | Y | | Y | 1 |
| Salt & Pepper chilli Squid, Shaved Fennel Slaw, Black Garlic Aioli | Y Whe | | | | M | | M Unknown | M | Y | | | | Y | | 2 |
| Bread & Olives Olive oil & balsamic vinegar | Y Whe Rye | | | | | | | | | | | | | Y | 1 |
| Soup of the Day - Sour Dough | Y Whe Rye | | | | | | | Y | | Y | Y | | | | 1 |
| Halloumi Fries buttermilk batter GB | Y Unknown | | | | Y | | Y Brz Cas Haz Mac Pec Pis Wal | Y | | Y | | | | | 1 |
| Sweet potato Falafel Bites (vg) - coconut yoghurt dip | Y Bar | | | | | | M Unknown | Y | | | | Y | | Y | 1 |
| Aged Flank Cheeseburger | Y Whe Oat | | | Y | | | | | Y | Y | Y | Y | Y | Y | 1 |
| Thai Green Chicken Curry with steamed rice | Y Whe Rye Bar Oat | Y | Y | Y | | | | | | | | | | Y | 1 |
| Vegan Thai Green Curry with steamed rice | Y Whe Rye Bar Oat | | | | | | | | | | | | | Y | 1 |

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| Seafood crumble | Y Whe Rye Bar Oat | Y | | Y | | Y | | M | Y | Y | | | | Y | 1 |
| IPA Battered Fish & Chips Buttered Bread, Chip Shop Pickles, Crushed Peas, Tartare Sauce, Triple Cooked Chips | Y Whe Bar | | | Y | | | | Y | Y | Y | | Y | | Y | 1 |
| Classic Caesar Salad Large - with Chicken, Anchovies and hens egg | | M | M | Y | | | | | Y | Y | | | | | 2 |
| Chicken, leek and ham hough Pie with mash | Y Whe Rye Bar Oat | M | M | M | M | M | M Alm Brz Cas Haz Mac Pec Pis Wal | Y | Y | Y | M | M | M | M | 1 |
| pork & goats cheese Rigatoni | Y Whe Rye Bar Oat | | | | | | | | | Y | Y | | | | 1 |
| Pork and Haggis toad in the hole Mash Slow cooked onion jus | Y Whe Rye Bar Oat | | | | | | | Y | Y | Y | Y | | | Y | |
| RUMP STEAK FRITES - 8oz Dry aged Scotch Rump & Skinny fries | | | | | | | | | Y | Y | | | | | 2 |
| ROASTED CHICKPEAS SALAD | | | | | Y | | Y Brz Cas Haz Mac Pec Pis Wal | Y | | | | Y | Y | | 1 |
| Fish Finger Ciabatta (IOTM) | Y Whe Bar | | | Y | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | M | Y | | Y | Y | Y | Y | 2 |

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| Chargrilled Rump Steak Ciabatta, mustard mayo, onions, watercress (IOTM) | Y Bar | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | Y | | Y | Y | Y | Y | 2 |
| Halloumi, pesto and tomato sandwich (IOTM) | Y Bar | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | | Y | Y | Y | Y | Y | 2 |
| Single Decker Club Sandwich (IOTM) | Y Whe Rye Bar | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | | Y | | Y | Y | Y | Y | 2 |
| Sweet potato and beetroot falafel with coconut yogurt raita on ciabatta (IOTM) | Y Bar | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | | | Y | Y | Y | Y | 2 |
| Banana Split BG | Y Whe | | | | M | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | | Y | | | | | |
| WARM CHOCOLATE BROWNIE (V) vanilla ice cream & chocolate shavings | Y Whe Rye Bar Oat | Y | Y | Y | Y | Y | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | Y | Y | Y | Y | Y | Y | |
| Apple and Bramble Crumble , Vegan custard, Almond Granola topping | Y Unknown | | | | M | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | | | | | | | |

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| Sticky Toffee Pudding - Caramel Sauce & Traditional Arran Dairies Ice Cream | Y Whe | | | | M | | M Alm Brz Cas Haz Mac Pec Pis Wal | | Y | Y | | | | | |

* Allergens marked with 'M' may contain that allergen.

 Yes  May Contain

| | Allergen |
|-----|-------------|
| Whe | Wheat |
| Rye | Rye |
| Bar | Barley |
| Oat | Oats |
| Alm | Almonds |
| Brz | Brazil Nuts |
| Cas | Cashews |
| Haz | Hazelnuts |
| Mac | Macadamia |
| Pec | Pecan |
| Pis | Pistachio |
| Wal | Walnuts |

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| iotm beef and horseradish panini | Y Unknown | | | | | | | | Y | Y | | Y | M | Y | |
| iotm panini Baked Ham and Scottish Cheddar Ciabatta | Y Unknown | | | | | | | | | Y | | | M | Y | |
| iotm panini tuna melt | Y Unknown | | | Y | | | | | Y | M | | | M | Y | 1 |
| iotm panini vegan haloumi heritage tomato and vegan pesto mayo | Y Whe Rye Bar Oat | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | | | M | | | M | Y | |

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