

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
IOTM Avocado On Toast- Smashed Avocado, Tomato, Dukkah, Toasted Sourdough	Y Whe Rye Bar Oat				M		Y Alm Brz Cas Haz Mac Pec Pis Wal	M			M	M	Y	M	
IOTM Breakfast Hash - Homemade Hash, Wild Mushrooms, Wilted Spinach, Salsa Verde												Y			
IOTM Eggs Benedict- poached eggs, Smoked back bacon, Hollandaise, toasted muffin	Y Whe							Y	Y	Y			M	Y	
IOTM- Eggs Florentine, wilted spinach, toasted Muffin, poached eggs & hollandaise sauce	Y Whe							Y	Y	Y			M	Y	
IOTM Freshly baked pastry- Croissant or pan au chocolate.	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
IOTM Full Breakfast - Lorne Sausage, Bacon, Ramsay's of Carluke Black Pudding, Haggis, Roast Mushroom, Tattie Scone, Hash Brown, Beans, Grilled Tomato, Eggs the Way You Like, Toast	Y Whe Rye Bar Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	

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IOTM Overnight Oats- Coconut yoghurt, Berries, maple Granola	Y Whe Bar Oat				M		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y			M	M	M	M	
IOTM sourdough- Choice of Preserves	Y Whe Rye				M		M Alm Brz Cas Haz Mac Pec Pis Wal								
IOTM Veggie Breakfast - Plant-Based Sausage, Black Pudding & Haggis, Wilted Spinach, Roast Mushroom, Tattie Scone, Hash Brown, Beans, Grilled Tomato, Eggs the Way You Like, Toast	Y Whe Rye Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	
IOTM B.L.T- Bacon, Gem Lettuce, Plum Tomato, Whisky Mayo, Toasted Bread	Y Whe Bar							M	Y	M		Y			
IOTM Fish Finger Sandwich- Beer Battered Haddock, Tartare Sauce, Lemon, Rocket, Ciabatta	Y Whe Bar			Y			M Haz	Y	Y	Y		Y	M	Y	
IOTM- Halloumi, Pesto & Tomato Ciabatta - Crispy Halloumi, Sun-kissed Tomato, Basil Pesto, Rocket, Ciabatta	Y Whe							Y	Y	Y					
IOTM Steak Sandwich- Flat Iron, Roast Onion, Wholegrain Mustard Mayo, Rocket, Ciabatta	Y Whe						M Haz		Y	M		Y	M	Y	
IOTM - Haggis Scotch Egg - Tomato Chutney	Y Whe Rye Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal	M	Y			Y		Y	
IOTM - Venison & Haggis Scotch Pie	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	Y	Y	Y	M	Y	

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IOTM Cullen Skink- Artisan Bread & Butter	Y Whe Rye			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
IOTM Haggis Bon Bons - Whisky Aioli	Y Whe							M	Y	Y		Y			
IOTM Soup of the Day - Salted Butter, Toasted Sourdough								Y		Y	Y				1
IOTM Wild Mushroom on Toast- Sourdough Bread, Roast Onion, Basil Pesto, Parmesan	Y Whe Rye				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	
IOTM - Veggie Haggis Keema Curry	Y Whe Rye Bar Oat			M	M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	M	M	M	M	Y	1
IOTM Balmoral Chicken Burger - Buttermilk fried chicken breast, haggis, Monterey jack cheese, gem lettuce, sliced tomato, Whisky mayo, brioche bun. Served with skinny fries	Y Whe Rye Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	M	Y	Y	M	
IOTM Beef Burger- Chargrilled Flank Steak Burger, Monterey Jack Cheddar, Burger Relish, Gem Lettuce, Dill Pickle, Tomatoes, Brioche Bun	Y Whe							M	Y	Y		Y	Y	Y	
IOTM Classic Caesar Salad - Roast chicken, gem lettuce, parmesan, pancetta lardons, sourdough croutons & Caesar dressing	Y Whe Rye Bar Oat						M Haz Wal	Y	Y	Y		Y	M		

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IOTM Fish & Chips- Fish & Chips Beer Battered Haddock Fillet, Chunky Chips, Mushy Peas, Tartar Sauce, Lemon	Y Whe Bar			Y				Y	Y			Y		Y	
IOTM Haggis, Neeps & Tatties, Highland Park whisky Cream Sauce & Crispy Shallots	Y Whe							Y		Y	Y	Y		Y	
IOTM Mac & cheese- Parmesan & Chive Panko, Mixed Salad	Y Whe							M	Y	Y					
IOTM Steak Frites - 7oz flat iron, Fries, Dressed watercress & Whisky Sauce								Y		Y	Y	Y		Y	
IOTM Vegan Burger - Plant-based patty, Applewood, burger sauce, lettuce, tomato & pickles served with skinny fries	Y Whe Rye Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	M	Y	Y	M	M	
Cranachan Mess, Toasted Oats, Raspberrry, Smashed Maeringue, Heather Honey, Jonnie Walker Gold Label Reserve Whipped Cream	Y Whe Bar Oat							M		Y	M	M	M	Y	1
IOTM Selection of Ice Cream & Sorbet (ask your sever for todays selection)	Y Whe Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y				Y	
IOTM Sticky Toffee Pudding- with vanilla ice cream	Y Whe								Y	Y					
IOTM Sunday Roast - Rump Cap	Y Whe							Y	Y	Y		Y		Y	
Biddy's Wasabi Peas	M Whe				M		M Alm Cas Haz Mac Pec Pis Wal	Y							

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Chilli candied cashews					M		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y							
Chilli Rice Puffs	Y Whe							Y							
Forgans Gordal Olives														Y	
Ghillie Dhu Smoked Almonds					Y		Y Unknown								
Granary Company Bakery Sourdough - Artisan Scottish Butter	Y Whe Rye				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Add bacon															
Add Beef Burger patty	Y Whe							M						Y	
Add Fried Egg									Y						
Add Guac															
Add Haggis	Y Unknown							Y							
Add Poached Eggs									Y					Y	
Add Veg Haggis	Y Whe Oat														
Biddys - Skinny Fries (v)															

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Biddy's Mac & Cheese Side	Y Whe							M		Y					
Chunky Chips Side															
Garden Leaf Side Salad	Y Bar											Y		Y	
IOTM Side Sweet potato falafel & coconut riata							M Alm Brz Cas Haz Mac Pec Pis Wal	Y							
Mitchells- Add Chicken															
Mitchells- Add hash brown															
Mitchells Truffle & Parmesan Skinny Fries									Y	Y					
iotm - Haggis, Cheese & Whisky Sauce loaded fries	Y Whe							Y		Y	Y				
iotm - halloumi loaded fries	Y Whe									Y					
IOTM haggis Sharing Board-	Y Whe Rye Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	Y	Y	M	Y	
IOTM Loaded Fries - Chicken, Mull Cheddar Cheese Sauce, crispy bacon & Pico de gallo									Y	Y		Y		Y	
IOTM Loaded Fries - Mull Cheddar Cheese Sauce, crispy bacon & Pico de gallo										Y		Y		Y	
IOTM Loaded Nachos - Guacamole, jalapenos, sour cream, tomato salsa & Scottish cheddar										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