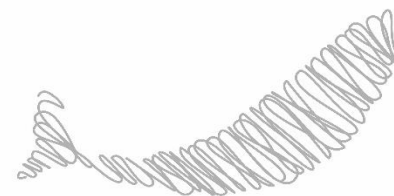


The Trout Hotel



STARTER

Twice baked goats cheese & chive soufflé
V GF 10.00

Prawn cocktail 10.50
GF

Garlic mushrooms & spinach
V GF VG L 9.00

Caramelised red onion & polenta bites
V GF L VG 9.00

Soup of the day
V GF L VG 7.50

Smoked salmon, lemon, brown bread &
butter 11.00
GF L

MAINS

Sirloin steak, confit tomato, mushroom,
watercress, hand cut chips, peppercorn sauce
GF 150g 22.00/300g 30.00

Fillet steak, confit tomato, mushroom, watercress,
hand cut chips, peppercorn sauce
GF 150g 29.00/300g 36.00

Mushroom & herb risotto, Italian hard cheese
V GF 14.00

Without Italian Hard Cheese VG

Vegetable stir fry, hoi sin sauce, soya beans
V GF L VG 14.00

Pasta bake with pesto
V GF L VG 14.00

Chick pea & sweet potato curry, rice, naan bread
V L VG 14.00
Without naan bread GF

Scottish Salmon, spinach, crayfish cream sauce,
griddled potatoes 20.00
GF

DESSERTS

Coconut milk rice pudding 7.00
V GF L VG

Ice Cream & fresh fruit 6.00
V GF VG L

Lemon, almond & polenta cake, lemon
drizzle, vanilla ice
cream
V GF VG 7.00

Meringue, fresh fruits 6.00
V GF VG L

Chocolate & pecan brownie, vanilla ice
cream 6.00
V GF L

Coconut Macaroon 6.00
G/F

L - Lactose Intolerant, V - Vegetarian
GF - Gluten Free VG - Vegan

*IF YOU HAVE ANY CONCERNS RELATING TO THE ALLERGENS DETAILED BELOW PLEASE SPEAK TO THE RESTAURANT MANAGER PRIOR TO ORDERING: CEREALS CONTAINING GLUTEN, EGGS, FISH, PEANUTS, SOYBEANS, MILK, NUTS, CELERY, SESAME, SULPHATES, LUPIN AND MOLLUSCS. DUE TO NORMAL KITCHEN OPERATIONS WE CANNOT GUARANTEE A 100% GLUTEN-FREE ENVIRONMENT. OUR GLUTEN-FREE PRODUCTS ARE COOKED IN A COMMON KITCHEN WITH RISKS OF GLUTEN EXPOSURE. OUR KITCHEN IS NOT A GLUTEN/LACTOSE FREE ENVIRONMENT