



Sauces & Sides

Onion Rings	£2.95
Homemade Mushy Peas	£1.35
Pickled Egg or Gherkin	£0.50
Pickled Onion	£0.35
Brown Bread and Butter	£0.85
White Roll and Butter	£0.70
Homemade Tartare Sauce	£0.60
1 Star Great Taste Award 2016	
Peppercorn Sauce	£1.75
Curry Sauce	£1.25
Special Mango Curry Sauce	£1.50
Homemade Extra Hot Chilli Sauce	£0.60



Chips

Standard Chips	£2.60
Large Chips	£3.90
Small Chips	£1.90
Cheesy Chips	£3.30
Large Cheesy Chips	£4.70



Just Desserts

Homemade Fruit Crumble & Custard	£5.50
Mackies Tubs of Ice Cream (120ml)	£2.25
(Traditional, chocolate, strawberry and honeycomb)	



Coffees & Cakes

We bake a variety of cakes and other goodies here at the café from scratch such as our very popular Millionaires Shortbread, Bakewell Tart and 2 star, Great Taste Award winner – Gluten Free Chocolate Fudge Cake to name but a few. Try one with a cup of great quality coffee.



HOME AWARD
 BAKING WINNING
 COFFEE DELI
 BURGERS CIOUS
 GLUTEN FISH & CHIPS
 FREE
 MENU AVAILABLE

whats for Tea?

Nom Nom Nom Nom

the REAL
FOOD[®]
 CAFE 
 Tyndrum



www.therealfoodcafe.com



Homemade Soup

See Screens for today's choices £4.60

All soups are homemade. We only use fresh ingredients, we don't use mixes or frozen vegetables.

All soup is served with brown bread & butter.

Gluten free roll + £1



Hot Filled Rolls & Baguettes

Our hot filled rolls & baguettes are served until 5pm.

Bacon Roll	£2.95
Charles MacLeod Stornoway Black Pudding Roll	£2.95
Free Range Egg Roll (2)	£2.50
From Balvicar Farm, Isle of Seil, Oban.	
Link Sausage Roll	£2.85
From Letterfindlay Butchers, near Fort William.	
Bacon and Egg Roll	£3.75
Extra Filling	£1.00

Fresh Wholegrain Baguettes

Our Baguettes are served with homemade coleslaw and tortilla chips.

Home Baked Ham with Honey Mustard Mayo	£7.50
Halloumi and Sweet Chilli Sauce	£6.95



Delicious Burgers

Made by Letterfindlay Butchers, Fort William using only registered Scotch Beef. All Burgers served with chips.

Scotch Beef Burger (5oz)	£7.95
Scotch Beef Burger with Cheese (5oz)	£8.50
Double Cheese Burger (10oz)	£10.95
Fish Burger with Homemade Tartare Sauce	£7.95
Cajun Spiced Chicken Burger	£8.95
Served with sour cream and salsa.	
Gourmet Burger	£9.25
Venison burger topped with Charles MacLeod Stornoway black pudding and red onion marmalade.	
Add bacon - one rasher or extra cheese	£1 each

If you have any allergies or questions about items on this menu please ask one of our friendly team.



Famous Fish and Chips

	Snack	Standard	Large
Haddock	£5.95	£8.75	£9.85
Cod	£5.95	£8.75	£9.85
Breaded (not battered) +	£0.30	+ £0.30	+ £0.30

Fish Tea Deal



Standard cod or haddock and chips, mushy peas, tartare sauce, white roll or brown bread and butter and a cup of tea or filter coffee.

	Standard	Large
Cod or Haddock Supper	£11.95	£12.95

Scampi and Chips	£8.75
Served with homemade tartare sauce.	
Luxury Homemade Fishcakes and Chips	£7.75
Served with homemade tartare sauce.	
Delicious Homemade Fish Pie	£8.45
Topped with pastry, Served with chips and salad.	

Gluten-Free Fish and Chips

Great news for coeliacs! We are the proud holders of an A grade, Accredited Caterer Award from Coeliac UK. Our homemade mushy peas, tartare sauce, soups, selected home baking and even our vinegar are all gluten free.

	Snack	Standard	Large
GF Haddock Supper	£6.50	£9.75	£11.75



Sausages, Puddings & Stovies

Pork Sausage & Chips (2)	£6.10
Macsween Haggis Slices (3)	£6.30
Stornoway Black Pudding & Chips (3)	£6.50
From Charles MacLeod of Stornoway.	
Macsween Haggis & Chips	£7.25
Served with Peppercorn sauce.	
Large Venison Sausage & Chips	£6.95
Served with red onion marmalade.	
Homemade Stovies	£7.95
Served with oatcakes and pickled beetroot.	
A traditional Scottish comfort food containing potato, onion and sausages.	



Vegetarian & Vegan

Grilled Halloumi	£6.95
Served with chips and sweet chilli sauce.	
Homemade Spiced Veg & Lentil Burger	£7.95
Served with cheddar cheese and chips. (Vegan without cheese and mayo)	
Panko Coated Deep Fried Brie Wedges	£7.95
Served with redcurrant jelly.	
Vegetable and Chickpea Curry and Chips	£8.50
This dish is both Vegetarian and Vegan.	



Salads

All our salads contain, mixed leaves, tomato, cucumber homemade coleslaw, spiced brown lentil salad and a balsamic & olive oil dressing, unless otherwise stated.

	Small	Large
Side Salad	£3.50	£4.95
Balvicar Farm Free Range Egg Salad (2)	£8.50	
Served with honey and mustard dressing.		
Home Baked Ham & Free Range Egg Salad	£10.50	
Served with honey and mustard dressing.		
Hot Smoked Salmon	£11.95	
1 Star GTA Hot Smoked Salmon from Uig Lodge, Isle of Lewis.		



Children's Menu

All children's meals include organic apple juice or fizzy juice, a homemade rice crispy cake and an activity sheet and your own pack of pencils to take home.

Mini Haddock Fish Supper	
Homemade Haddock Fish Nuggets and Chips	
Homemade Fishcake and Chips	
Lentil and Vegetable Burger and Chips	
Battered or Grilled Sausage and Chips	
Plain Beef Burger and Chips	
Plain Cheese Burger and Chips	
Mini Scampi (6) and Chips	All £6.50



Chicken

Chip Shop Chicken Curry & Chips	£8.95
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