

LOW FODMAP MENU

We are delighted to have been the first restaurant in the UK to create a Low FODMAP menu. This menu is suitable for customers who suffer from IBS, or require a gluten and dairy free diet.

ENTREES

HUITRES CUMBRAE Half dozen Cumbrae oysters, lemon, samphire and tabasco	16.95	GAMBAS EPICEES Grilled king prawns, roasted cherry tomatoes, pine nuts, coriander and herb scented oil	12.95
SOUPE DE CÉLERI-RAVE V Celeriac, potato & thyme soup, chives, truffle oil and gluten free bread	6.45	SAUMON FUMÉ Scottish smoked salmon, samphire, chives & parsley, quinoa, radish and avocado purée with gluten free toast	9.95
MOULES MARINIÈRES Steamed Shetland mussels, white wine, fennel, orange, cherry tomatoes, dill & chervil with gluten free bread	9.95	CHARCUTERIES Jambon cru, caper berries, grilled Mediterranean vegetables, rocket and gluten free oatcakes	12.95

PRINCIPAUX

FILET DE BEOUF 230g prime Scottish fillet steak, French fries, roasted cherry vine tomatoes, wilted spinach and chargrilled lemon	34.95	FAUX FILET 250g Prime Scottish sirloin steak, French fries, roasted cherry vine tomatoes, wilted spinach and chargrilled lemon	30.95
CROUPE D'AGNEAU Roast lamb rump and confit lamb shoulder, duck fat roast potatoes, grilled Mediterranean vegetables and orange scented chicken jus de rôti	27.95	LIMANDE SOLE ENTIÈRE Baked whole lemon sole Meuniere, capers, lemon, parsley, olive oil and French fries	29.95
DEMI POULET ROTI Half smoked paprika and thyme marinated chicken, roasted on the spit, roast potatoes or French fries, roasted root vegetables and orange scented chicken jus de rôti	15.95	QUINOA AUX TOMATES CERISES V Quinoa, wilted spinach, samphire, cherry tomatoes, pine nuts, pumpkin seeds, olive oil and rocket	17.95
		MOULES MARINIÈRES Steamed Shetland mussels, white wine, fennel, orange, cherry tomatoes, dill & chervil with skinny fries	19.95

PLATS LATÉRAUX

STEAMED NEW POTATOES 4.95 FRENCH FRIES 4.50 WILTED BABY SPINACH 4.95 ROASTED ROOT VEGETABLES 4.95 GREEN SALAD 4.95 DUCK FAT ROAST POTATOES 4.50

DESSERTS

MOUSSE AU CHOCOLAT Rich dark chocolate mousse, caramelised orange and burnt orange caramel sauce	6.95	COUPE DE GLACE VANILLE VG Heavenly® vanilla ice cream sundae garnished with fresh strawberries, strawberry sauce and toasted almonds	5.45
PUDDING A LA BANANE Baked lemon, vanilla and banana pudding, rich soya custard sauce, caramelised banana and toasted almonds	6.95	PANNA COTTA Coconut milk & vanilla panna cotta, passion fruit coulis, maple syrup, toasted coconut and fresh raspberries	5.45
		SORBETS Pomegranate, raspberry and lemon sorbets	5.45

All the dishes on our Low FODMAP menu comply with the latest advice and guidance from Monash University. However, our kitchen does not exclusively prepare and serve Low FODMAP dishes. We wish to make our customers aware that there is a possibility of cross contact with ingredients used in other menus.

An optional & discretionary 10% service charge will be added to your bill, all of which goes directly to our team.

