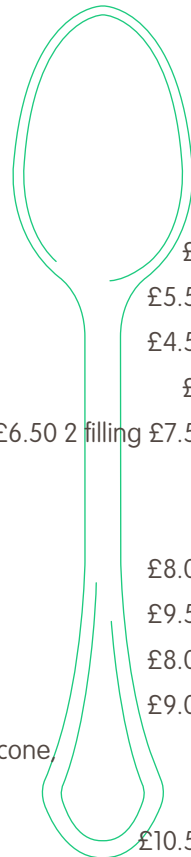


# spoon

## Day Menu

Breakfast available until 5pm

Toast, butter, homemade jam (gluten free option avail)	£4
Fruit salad: pineapple, pear, apple, melon, mint (v)(gf)(df)	£5.50
Porridge, red fruit compote & almonds (v)	£4.50
Muesli mess, natural yoghurt & rhubarb compote (v)	£5
BREAKFAST ROLLS:	
1 filling	£6.50
2 filling	£7.50
Bacon, fried egg, sausage, black pudding, veggie haggis, grilled tomato, portobello mushroom	
TOASTED SOUR DOUGH with pan con tomate & fried eggs	£8.00
SMOKED SALMON scrambled eggs, pea shoots, grilled muffin	£9.50
PORTOBELLO MUSHROOM goats cheese & pea shoots, sour dough	£8.00
GREAT BIG VEGGIE BREAKFAST:	£9.00
Vegetarian haggis, baked beans, grilled tomato, fried egg, potato scone, toast, portobello mushroom	
BIG BREAKFAST:	£10.50
bacon, sausage, black pudding, baked beans, mushroom, tomato, egg, tattie scone & toast	



## Lunch available from 12pm-5pm

Soup of the day meat or veg (served with bread)	£5.00
Antipasti: bashed sweet potato, artichokes, stuffed mini peppers, beetroot & walnut hummus, lemon & dill, feta, sunblush tomatoes & pitta (v)	sml £7 / lrg £11
Ploughman's: Ayrshire ham, serrano, Isle of Mull cheddar, olives, sunblushed tomatoes, cornichons & wholegrain bread	sml £8 / lrg £12
Curried sweetcorn & cauliflower fritters with red lentil dahl (v) (gf)	£9.50
Za'tar baked salmon salad with bulghar wheat, courgette, onion & dill (df)	£9.50
Chicken thigh with brocolli & watercress, beetroot & walnut hummus (gf) (df)	£8
Flatbread with lamb meatballs, chick peas, aubergine & garlic yoghurt	£10
Poached salt cod with jerusalem artichoke, cherry tomatoes, baby potatoes & horseradish creme fraiche (gf)	£12
Beef & beetroot ghoulash with turmeric potatoes (df)	£13

## Sides

Bread basket (per person)	£2.50
Olives & bread (v)	£3.80
Bowl of skinny fries (v) (gf) (df)	£3.80
Bowl of skinny fries with mature cheddar (v) (gf)	£4.20
Mixed herb & leaf salad (v) (df) (gf)	£3.50
Winter greens & chestnut 9V0	£3.50
Honey roast parsnips with sesame seeds (V)(DF)	£4.20

(v) = vegetarian (gf) = gluten free (df) = dairy free

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