

TUESDAYS
STEAK FRITES
TUESDAY

8oz Oak Tree Farm rump steak cooked to your liking with fries and peppercorn sauce £12.50 Available from 5pm

WEDNESDAYS
GOURMET
BURGER NIGHT

All burgers £10, for one night only
Look out for our locally sourced specials
Available from 5pm

FRIDAYS
FISH & CHIP
FRYDAYS

Choose from 3 fish of the day or maybe treat yourself to our deluxe fish and chips
Available from 5pm

SATURDAYS
SEAFOOD
SATURDAYS

2 seafood specials, from the pier to the pan as fast as we can!
Available from 5pm

CUAN MOR GLUTEN FREE MENU

STARTERS & SHARERS

LOCAL SMOKED SALMON £7.99

Served with mustard and dill dressing

CUAN MOR PATE £6.99

Our special recipe chicken liver pate served with chutney and gluten free oatcakes

PRAWN AND CRAYFISH COCKTAIL £8.50

Delicate Atlantic prawns and crayfish tails with our own recipe cocktail sauce

WEST COAST MUSSELS £7.99/£12.99

Local sourced mussels in a creamy garlic, wine and herb broth. Served with gluten free oatcakes

CHARGRILLED KING PRAWNS £8.50

Marinated in our special garlic pickle and served with mango dip and salad

SEAFOOD CHOWDER £7.50

Homemade chowder with chunks of prime fish, shellfish and potato. Served with gluten free oatcakes

CAJUN CHICKEN £6.99

Crispy fried Cajun chicken breast pieces served with sweet chilli and lime dip

SEAFOOD PLATTER £15.99

Hot smoked Scottish salmon, smoked mackerel, crayfish cocktail, rollmop herring and crab timbale. Served with dips and gluten free oatcakes

FROM THE SEA

SEAFOOD PLATTER £15.99

Hot smoked Scottish salmon, smoked mackerel, crayfish cocktail, rollmop herring and crab timbale. Served with dips and gluten free oatcakes

LOCAL SALMON FILLET £15.99

Served with potato gratin, blush tomato, baby caper and prawn butter and winter greens

WHOLE SEA BREAM £16.99

Lemon & garlic baked whole sea bream with feta cheese and couscous salad & sweet potato fries

FISH & CHIPS £12.50

Fresh flaky haddock, golden fried in coeliac batter, served with Cuan fries, a wild leaf garnish and homemade tartare sauce

(Please note our frying oil may contain traces of flour product)

THE REST

PARMESAN CHICKEN £13.99

Butterfly chicken breast with a creamy garlic and parmesan sauce, thyme mash and green vegetables

LAMB SHOULDER £15.99

6 hr braised lamb shoulder served with haggis Pomme Anna, sweet potato mash and rosemary gravy

CHARGRILLED CHICKEN £11.99

Butterfly chicken breast topped with a mild curry and mango cream, Served with a jeera rice

SWEET AND SOUR CHICKEN HONG KONG STYLE £11.99

Crispy coated chunks of juicy chicken breast tossed in our special recipe sweet and sour sauce and served with pineapple rice

BUTTERNUT GOBI DHANSAK (V) £9.99

Cauliflower and butternut squash curry served with jeera rice

VEGAN CHILLI (VG) £9.99

Vegan chilli served with jeera rice

GOURMET BURGERS & STEAK

OAK TREE FARM 8OZ SIRLOIN STEAK £182.99

Grilled to your liking and served with peppercorn sauce and chips

FALAFEL AND SPINACH BURGER (V) £9.99

On a gluten free bun with sweet chilli and lime chutney. Served with seasoned wedges and coleslaw

HANDMADE RUSTIC BACON CHEESE BURGER £11.99

Grilled Simon Howie Gluten Free Burger served with Ayrshire Bacon and Mull of Kintyre Cheddar on a Gluten Free Bun with Hand Cut Maris Piper Chips, a Wild Leaf Garnish, Tomatoes and Red Onions and homemade coleslaw

SIDES

CUAN MOR CHIPS £2.50 / TODAY'S GREEN VEG £2.50 / SWEET POTATO MASH £2.50
SWEET POTATO FRIES £3.50 / CHAR GRILLED CHICKEN SAUCE £1.99
SEASONED WEDGES £2.50 / COLESLAW £1.00

PUDDINGS

STICKY TOFFEE PUDDING £5.99

Gluten Free Sticky Toffee Pudding served with Fresh Cream and a Rich Toffee Sauce

MINT ICE CREAM BOMBE £3.99

Light and refreshing individual ice cream bombe drizzled with fruit coulis

SELECTION OF HANDMADE DAIRY ICE CREAM

Choose from vanilla, salted caramel, chocolate and strawberry
We also have Dairy free Vanilla and Raspberry ice creams available

One Scoop: £1.70 · Two Scoops: £2.85 · Three Scoops: £3.99

BEER

DRAUGHT

TENNENTS £4.20
 GUINNESS £5.25
 CALEDONIAN BEST £3.90
 MAGNERS £3.90
 MAGNERS DARK FRUITS £4.35
 HOUSE LAGER £3.95
 INNES & GUNN LAGER £4.99
 INNES & GUNN IPA £4.99

WEEKLY CASK ALES
 PLEASE ASK YOUR SERVER FOR DETAILS

BOTTLE BEERS

BUDWEISER 330ml £3.20
 CORONA 330ml £3.50
 PERONI 330ml £3.50
 THISTLY CROSS AWARD WINNING
 SCOTTISH CIDER 6.2% 330ml £4.80
 REKORDERLIG STRAWBERRY
 & LIME 330ml £4.50
 WKD BLUE 330ml £3.70
 SMIRNOFF ICE 330ml £3.70
 BECKS BLUE
 Alcohol Free 330ml £3.00

COCKTAILS

MARGARITA £6.00
 MOJITO £6.50
 COSMOPOLITAN £6.50
 STRAWBERRY/RASPBERRY DAQUIRI £6.50
 FRENCH MARTINI £7.00
 ESPRESSO MARTINI £7.50
 NEGRONI £7.50
 WHITE RUSSION £7.50

WINE

THE MODEST BUNCH

125ml £3.65 175ml £4.99 Bottle £19.99
 BEL OLIVIER COLOMBARD/
 SAUVIGNON, FRANCE
 LAS CONDES CHARDONNAY, CHILE
 BEL OLIVIER GRENACHE/MERLOT,
 FRANCE
 LAS CONDES CABERNET
 SAUVIGNON, CHILE
 ZINNIA WHITE ZINFANDEL ROSE, USA

THE BOLD BUNCH

125ml £4.25 175ml £5.65 Bottle £22.99
 VILLA MOLINO PINOT GRIGIO, ITALY
 DOM RAMOS WHITE RIOJA, SPAIN
 TALL HORSE CHENIN BLANC,
 SOUTH AFRICA
 PODEROSA MALBEC, CHILE
 PITMASTER SHIRAZ/VIIGNIER,
 AUSTRALIA
 COSMINA PINOT NOIR, ROMANIA
 VILLA MOLINO PINOT GRIGIO BLUSH
 ROSE, ITALY

THE BIG BOY BUNCH

125ml £4.85 175ml £6.49 Bottle £25.99
 BOUNDARY HUT, SAUVIGNON,
 NEW ZEALAND
 MONTMASSOT PICPOUL DE PINET,
 FRANCE
 DOM RAMOS RIOJA CRIANZA, SPAIN

SPUMANTE

125ml £4.85 Bottle £27.99
 MIONETTO PROSECCO SPUMANTE,
 ITALY

SPIRITS

SPIRITS

SMIRNOFF VODKA £2.40
 GORDONS GIN £2.40
 BACARDI £2.40
 CAPTAIN MORGANS £2.40
 WHYTE & MACKAY £2.40
 FAMOUS GROUSE £2.40
 SOUTHERN COMFORT £2.40
 OVD DARK RUM £2.40
 JACK DANIELS £2.60

OTHER SPIRITS / LIQUEURS

JAMESONS IRISH WHISKY £2.40
 MALIBU £2.40
 GREY GOOSE VODKA £3.60
 PEACH SCHNAPPS £2.40
 BAILEYS 50ml £4.20
 MARTELL BRANDY £2.60
 COINTREAU £2.40
 DRAMBUIE £2.90
 GLAYVA £2.90
 TIA MARIA £2.40
 DISARONNO £2.40
 MARTINI ROSSO, DRY 50ml £2.20
 CROFT SHERRY 50ml £2.40
 COCKBURNS PORT 50ml £2.40
 BELVEDERE VODKA £3.60

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GORDONS £2.40
 TANQUERAY £2.60
 BEEFEATER £2.80
 BOMBAY SAPPHIRE £2.80
 GORDONS PINK £2.80
 EDINBURGH GIN,
 EDINBURGH RASPBERRY GIN £3.00
 CAORUNN £3.20
 BOTANIST £3.40
 HENDRICKS £3.40
 DEVIL'S STAIRCASE £3.40
 WHITETAIL GIN £3.40

SOFT

SOFT DRINKS

PEPSI, PEPSI MAX £1.85
 BRITVIC TONIC £1.30
 BRITVIC SODA £1.30
 TANGO £1.85
 R WHITES LEMONADE £1.85
 PINTS PEPSI/LEMONADE/TANGO £2.50
 PINTS SODA/TONIC £2.00
 ORANGE, APPLE, CRANBERRY,
 PINEAPPLE JUICE £1.70
 DASH £0.75
 CORDIAL £0.20

CANS & BOTTLES

PEPSI, DIET PEPSI, 7UP, IRN BRU,
 DIET IRN BRU, SCHWEPES GINGER BEER
 CANS £2.00
 APPLTISER £3.20
 SCHWEPES BABY 125ml BITTER LEMON,
 GINGER ALE, TONIC, SLIM TONIC,
 TOMATO £1.30
 FENTIMANS 125ml TONIC/SLIM TONIC £1.70
 HIGHLAND SPRING STILL/SPARKLING
 330ml £1.80
 HIGHLAND SPRING STILL/SPARKLING
 1ltr £3.20
 RED BULL £3.50

HOT DRINKS

TEA/COFFEE

ESPRESSO £1.90
 DBL ESPRESSO £2.40
 AMERICANO £2.50
 FLAT WHITE £2.70
 LATTE £2.70
 CAPPUCCINO £2.70
 MOCHA £2.80
 HOT CHOCOLATE £2.80
 TEA £1.80
 SPECIALITY TEA (please ask your server) £1.80

SPECIALITY COFFEE

IRISH COFFEE (JAMESONS) £4.95
 GAELIC COFFEE (DRAMBUIE) £4.95
 OBAN MALT COFFEE £6.95
 BAILEYS LATTE £4.95
 TIA MARIA COFFEE £4.95
 NAPOLEON COFFEE £4.95
 BAILEYS HOT CHOCOLATE £4.95

For more detail on our cocktails and to see our varied selection of MaltWhisky's please ask your server for our drinks/dessert menu.