

ST. VINCENT PLACE

ATLANTIC

—BAR AND BRASSERIE—

EMPIRE EXHIBITION 1938

Low FODMAP Menu

Entrees

LA SOUPE (V) courgettes et menthe Courgette and fresh mint soup with sunflower seeds served with gluten free bread	£4.95	LES NOIX DE ST JACQUES d'Ecosse Seared Scottish scallops with roasted cherry tomatoes, pine nuts, coriander and a chilli scented oil	£10.95
LES CREVETTES sur glace pilée Five large tail-on prawns served on ice with a dairy free citrus mayonnaise and lemon	£8.95	LA SALADE COMPOSEE (V) Baby salad leaves, rocket, cucumber, cherry tomatoes, endive, sunflower seeds, walnuts and basil oil	£6.95
NOS CHARCUTERIES L'assiette de Jambon Thinly sliced Seranno ham, caperberries and rocket served with gluten free oatcakes and a lime pickle	£9.95	LES HUITRES avec citron ½ dozen Cumbrae oysters with lemon and tabasco	£15.00

Principaux

LE CANARD Barbarie à l'orange Sautéed Barbary duck breast, carved and served pink with duck fat roast potatoes, slow-cooked Belgium endive and an orange scented chicken jus	£18.95	L'ENTRECOTE 270g Prime Scottish ribeye steak served with roasted cherry vine tomatoes, French fries, wilted spinach and a chargrilled lemon	£23.95
LA LIMANDE SOLE entière de petit bateau Whole lemon sole Meuniere baked with capers, lemon and parsley and served with French fries	£21.95	L'AGNEAU rumsteck rôti à la fleur de thym Thyme roasted rump of Perthshire lamb with a black olive tapenade served with steamed new potatoes, baby navets and chargrilled aubergine and courgettes	£19.95
LE FILET 230g Prime Scottish fillet steak served with roasted cherry vine tomatoes, French fries, wilted spinach and a chargrilled lemon	£27.95	LE DEMI POULET PROVENCAL au jus de volaille Marinated Provencal style chicken roasted on the spit and served with your choice of duck fat roast potatoes or French fries and a chicken jus	£14.95
LES MOULES des îles Shetland Steamed Shetland mussels with white wine, chives, parsley and tomatoes served with French fries	£12.95	LES PATES (V) Gluten free penne pasta with wilted spinach, cherry tomato, artichoke heart, pine nuts topped with a rocket salad with citrus dressing	£12.95

Legumes

STEAMED NEW POTATOES	£3.45	WILTED BABY SPINACH	£3.25	GREEN SALAD	£3.75
FRENCH FRIES	£3.45	ROASTED ROOT VEGETABLES	£3.95	DUCK FAT ROAST POTATOES	£3.95

Desserts

LE MOUSSE au chocolat Rich dark chocolate mousse with caramelised orange and a burnt orange caramel sauce	£6.45	L'ANANAS deux fois Fresh pineapple served two ways, chargrilled and as a carpaccio with Swedish Glacé dairy-free vanilla ice cream	£6.45
LA TERRINE aux deux sorbets A terrine of blackcurrant and lemon sorbet on an almond crisp, served with fresh strawberries and raspberries	£6.45	LE PUDDING à la banane A baked lemon, vanilla and banana pudding served with a rich soya custard sauce, caramelised banana and toasted almonds	£6.45