

# LOW FODMAP MENU

We are delighted to be 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

<b>LA SOUPE</b> courgettes et menthe (V) Courgette & fresh mint soup, sunflower seeds, gluten free bread	5	<b>LES NOIX DE ST JACQUES</b> d'Ecosse Seared Scottish scallops, roasted cherry tomatoes, pine nuts, coriander, chilli scented oil	11
<b>LES CREVETTES</b> sur glace pilée Five large tail-on prawns on ice, dairy free citrus mayonnaise, lemon	9	<b>LE MELON</b> Charentais (V) Fragrant Charentais melon, summer berry compote, pomegranate sorbet, vanilla syrup	7
<b>NOS CHARCUTERIES</b> L'assiette de Jambon Seranno ham, caperberries, rocket gluten free oatcakes, lime pickle	10	<b>LES HUITRES</b> avec citron Half dozen Cumbrae oysters, lemon, tabasco	14

## PRINCIPAUX

<b>LE CANARD</b> Barbarie à l'orange Sautéed Barbary duck breast, served pink, duck fat roast potatoes, slow-cooked Belgium endive, orange scented chicken jus	19	<b>LE FAUX</b> filet 250g Prime Scottish Sirloin steak, French fries, cherry vine tomatoes, wilted spinach, chargrilled lemon	26
<b>LA LIMANDE SOLE</b> entière de petit bateau Baked whole lemon sole Meuniere, capers, lemon, parsley, French fries	23	<b>LE CARRE</b> D'Agneau Rack of Scottish lamb, black olive tapenade, steamed new potatoes, baby navets, chargrilled aubergine & courgettes	20
<b>LE FILET</b> de Boeuf 230g prime Scottish fillet steak, roasted cherry vine tomatoes, French fries, wilted spinach, chargrilled lemon	30	<b>LE DEMI POULET</b> Half lemon, maple syrup, paprika & thyme marinated chicken, roasted on the spit, roast potatoes or fries, roasted root vegetables, choice of smoked hickory, jus de rôti or Béarnaise sauce	15
<b>LES MOULES</b> des Îles Shetland Steamed Shetland mussels, white wine, chives, parsley, tomatoes, French fries	16	<b>LES PATES</b> aux tomates cerises (V) Gluten free penne pasta, wilted spinach, cherry tomatoes, samphire, pine nuts & pumpkin seeds, rocket salad, citrus dressing	13

## PLATS LATÉRAUX

STEAMED NEW POTATOES 3.5 FRENCH FRIES 3.5 WILTED BABY SPINACH 3.5 ROASTED ROOT VEGETABLES 4 GREEN SALAD 4 DUCK FAT ROAST POTATOES 4

## DESSERTS

<b>LE MOUSSE</b> au chocolat Rich dark chocolate mousse, caramelised orange, burnt orange caramel sauce	6.5	<b>L'ANANAS</b> deux fois Fresh pineapple served two ways, chargrilled & carpaccio, Swedish glacé dairy-free vanilla ice cream	6.5
<b>LA TERRINE</b> aux deux sorbets A terrine of blackcurrant & lemon sorbet, almond crisp, fresh strawberries & raspberries	6.5	<b>LE PUDDING</b> à la banane Baked lemon, vanilla & banana pudding, rich soya custard sauce, caramelised banana, toasted almonds	6.5

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