

LOW FODMAP MENU WALK IN

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

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

PRINCIPAUX

LA LIMANDE SOLE entière de petit bateau Baked whole lemon sole Meuniere, capers, lemon, parsley, French fries	23	LE FAUX filet 250g Prime Scottish Sirloin steak, French fries, cherry vine tomatoes, wilted spinach, chargrilled lemon	26
LE FILET de Boeuf 230g prime Scottish fillet steak, roasted cherry vine tomatoes, French fries, wilted spinach, chargrilled lemon	30	LE DEMI POULET 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
LES MOULES des îles Shetland Steamed Shetland mussels, white wine, chives, parsley, tomatoes, French fries	16	LES PATES 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

DESSERTS

LA TERRINE aux deux sorbets 6.5
A terrine of blackcurrant & lemon sorbet, almond crisp, fresh strawberries & raspberries