

LOW FODMAP MENU

We are delighted to have been 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 and fresh mint soup, sunflower seeds and gluten free bread	6.45	LES NOIX DE ST JACQUES d'Ecosse Seared Scottish scallops, roasted cherry tomatoes, pine nuts, coriander and chilli scented oil	15.95
LES MOULES des îles Shetland Steamed Shetland mussels, white wine, chives, parsley, cherry tomatoes and gluten-free bread	9.95	LES HUITRES avec citron Half dozen Cumbrae oysters, lemon and tabasco	18.95
		NOS CHARCUTERIES L'assiette de Jambon Jambon cru, caper berries, rocket, gluten free oatcakes and lime pickle	12.95

PRINCIPAUX

FILET de boeuf 230g prime Scottish fillet steak, French fries, roasted cherry vine tomatoes, wilted spinach and chargrilled lemon	34.95	FAUX filet 250g Prime Scottish sirloin steak, French fries, roasted cherry vine tomatoes, wilted spinach and chargrilled lemon	30.95
CROUPE D'Agneau Scottish lamb rump, duck fat roast potatoes, roasted root vegetables and jus de rôti	27.95	PATES aux tomates cerises (V) Gluten free penne pasta, wilted spinach, samphire cherry tomatoes, pine nuts, pumpkin seeds, rocket salad and citrus dressing	17.95
DEMI POULET rôti Half smoked paprika and thyme marinated chicken, roasted on the spit, roast potatoes or French fries, roasted root vegetables and orange scented chicken jus de rôti	15.95	MOULES des îles Shetland Steamed Shetland mussels, white wine, chives, parsley, cherry tomatoes and French fries	18.95
		LIMANDE SOLE entière de petit bateau Baked whole lemon sole Meunier, capers, lemon, parsley and French fries	29.95

PLATS LATÉRAUX

STEAMED NEW POTATOES 4.95 FRENCH FRIES 4.50 WILTED BABY SPINACH 4.95 ROASTED ROOT VEGETABLES 4.95 GREEN SALAD 4.95 DUCK FAT ROAST POTATOES 4.50

DESSERTS

MOUSSE au chocolat Rich dark chocolate mousse, caramelised orange and burnt orange caramel sauce	6.95	COUPE de glace vanille (VG) Heavenly® vanilla ice cream sundae garnished with fresh strawberries, strawberry sauce and toasted almonds (Gluten-free & dairy-free)	5.45
PUDDING à la banane Baked lemon, vanilla and banana pudding, rich soya custard sauce, caramelised banana and toasted almonds	6.95	SORBETS Pomegranate, raspberry and lemon sorbets	5.45

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.

An optional & discretionary 10% service charge will be added to your bill, all of which goes directly to our team.