

WELCOME TO  
TIGH AN EILEAN HOTEL  
& THE COASTAL KITCHEN.

# menu

## SOUPS

- Homemade soup** V See blackboard **£6.00**
- Our house Cullen skink** **£6.00**

## SANDWICHES

Served from 12.00 to 2.30pm  
All sandwiches with salad & crisps

G alternative available

- Smoked salmon**  
Smoked salmon & crowdie (Scottish cream cheese) **£8.25**
- Bacon, Brie & Cranberry Sauce** **£5.25**
- Mature cheddar** V  
& homemade chutney **£4.75**

## SIDES

- Our homemade bread** V  
With aged balsamic vinegar and extra virgin olive oil **£3.00**
- Chips** **£3.00/£4.00**
- Coastal Kitchen coleslaw** V **£3.75**
- Our house salad**  
With our house dressing **£3.25**
- Cheesy chips** V **£5.00**

## PIZZAS FROM THE WOOD-FIRED OVEN

Please enquire when our wood-fired oven pizzas are available.

VG V alternatives available.

**10% discount for Take Away.**

## DISHES

**As an alternative to starters and main courses we offer small & large plates for many of our dishes to suit every appetite.**

**Fresh local seafood** from our village fishermen, traditionally creel-caught or dived, from sustainable sources and delivered from the jetty to the kitchen door each day.

### Loch Torridon langoustines

With salad and thousand island sauce

G alternative available **£3.00 each**

### Loch Torridon langoustines a la

**plancha** G Whole langoustine halved and grilled with garlic butter.

Served with salad. **£19.00**

### Loch Torridon langoustines scampi

Served with chips, salad and our tartare sauce (6) **£19.00**

### Fish Pie

Topped with Potato Mash and Cheese and served with Mixed Vegetables. **£13.50**

### Chicken, Ham & Leek Pie

Topped with Potato Mash and Cheese and served with Mixed Vegetables. **£12.50**

### Fish and chips

G alternative available

Fresh Scottish haddock in our batter, served with tartare sauce, homemade mushy peas & chips.

**£11.50/ £16.50**

### Hand-dived local scallops

Please see blackboard. **£11.25/£20.25**

### Scottish Beef 8oz Sirloin Steak

served with chips, salad, roast tomato and confit mushroom\*

**£24.95**

Add peppercorn sauce + **£2.00**

### Haggis, neeps and tatties

Traditionally made, with neeps, mashed potatoes and a whisky sauce.

**£8.75/£12.75**

### Our bangers, mash & peas

Scottish venison sausages with mashed potatoes, peas and onion gravy **£14.25**

### Homemade burger & chips G VG

alternatives available. Served with gherkin and our coleslaw

Scottish Beef **£13.25**

Portobello mushroom V **£11.00**

Add blue or swiss cheese + **£1.50**

Add caramelised onions + **£1.00**

### Baked goat's cheese V

Served with Beetroot and Rocket Salad with Toasted Pine Nuts. **£6.75/£10.25**

### Four-Bean Casserole VG V

Served with Olive Oil Garlic Bread. **£7.50/ £12.50**

## CHILDREN

We can serve small portions of most of our dishes and in addition we have

### Kids fish & chips

Fresh Scottish Haddock served with chips and garden peas **£11.00**

**Sausage, beans & chips** **£7.00**

We have a large array of both alcoholic and non-alcoholic drinks at the bar, including real ales, guest beers and selected Scottish malts and craft gins – please just ask your server for your drink of preference.

## CHAMPAGNE & SPARKLING

Joseph Perrier Cuvée Royale	Bottle <b>£60.00</b>	Half <b>£40.00</b>	Quarter <b>£25.00</b>
Prosecco Spumante Extra Dry (Italy)	Bottle <b>£35.00</b>	Quarter <b>£11.00</b>	
Prosecco Il Fresco, Villa Sandi Treviso (Italy)			

## WHITE

Colombard, Baron d'Arignac (France) 2017/18	Bottle <b>£20.00</b>	175mls <b>£5.50</b>	250mls <b>£7.00</b>
Sauvignon Blanc, Santa Helena (Chile) 2018/19	<b>£23.00</b>	<b>£6.00</b>	<b>£7.75</b>
Victoria park Chardonnay, Yalumba 2016/17	<b>£26.00</b>		
Pinot Grigio organic, Piera Martellozzo (Italy) 2019	<b>£27.00</b>	<b>£6.75</b>	<b>£9.25</b>
Picpoul de Pinet, Beauvignac (France) 2017/18	<b>£30.00</b>		

## ROSE

Syrah Rose, Baron d'Arignac (France) 2017/18	Bottle <b>£20.00</b>	175mls <b>£5.50</b>	250mls <b>£7.00</b>
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## RED

Cabernet Sauvignon, Baron d'Arignac (France) 17/18	Bottle <b>£20.00</b>	175mls <b>£5.50</b>	250mls <b>£7.00</b>
Merlot, Santa Helena (Chile) 2017/18	<b>£23.00</b>	<b>£6.00</b>	<b>£7.75</b>
Rioja, Monte Haro, Paternina (Spain) 2016/17	<b>£25.00</b>		
Shiraz, Yalumba y Series (Australia) 2016/17	<b>£30.00</b>		

### FOOD ALLERGIES AND INTOLERANCES

Please speak to staff about your requirements before ordering.

**V** Vegetarian option

**VG** Vegan option

**G** No Gluten containing ingredients

## PUDDINGS

See blackboard for today's other puddings

**Our sticky toffee & date pudding** **V**  
With vanilla ice cream **£7.25**

**Ice cream & Sorbet** **V**  
See blackboard for today's flavours  
Per scoop **£2.50**

**Selection of Scottish cheeses** **V**  
With oatcakes and homemade chutney **£10.50**

## BEER

### Draught Beer & Cider

Guinness	<b>£4.80/£2.50</b>
Tennent's Lager	<b>£4.00/£2.10</b>
Heverlee Belgian Lager	<b>£4.20/£2.20</b>
Strongbow Cider	<b>£4.00/£2.10</b>

### Draught Real Ale

From Strathcarron Brewery **£4.50/£2.30**

### Bottled Beers & Cider

Old Mout Cider	<b>£4.75</b>
Crabbies Alcoholic Ginger Beer	<b>£4.75</b>
Peroni	<b>£3.40</b>
Corona	<b>£3.40</b>
Becks Blue (Non-Alcoholic)	<b>£3.40</b>

## SOFT DRINKS

### Cans

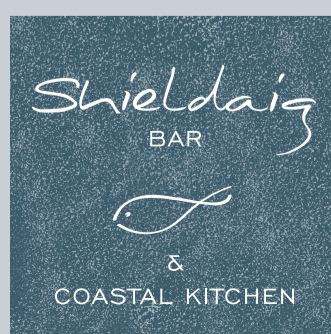
Coke, Diet Coke, Irn Bru, San Pellegrino **£1.75**

### Bottles

Fentimans Ginger Beer, Fentimans Victorian Lemonade, J2o **£3.00**

### Highland Spring water

1lt Still or Sparkling **£3.50**  
330ml Still or Sparkling **£2.00**



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