

## BarMC & Grill

### Starters

Soup of the day served with freshly baked bread	£3.75
Creamed garlic mushrooms with oregano on grilled ciabatta and parmesan	£4.50
Chilli and ginger crab cake with baby spinach and lemon butter sauce	£4.50
Sun blushed tomato and goats cheese bruschetta with a baby gem salad	£4.75
Fresh local mussels with pac choy, green curry sauce and grilled garlic bread	<b>Starter £4.75</b> <b>Main £8.50</b>

### Salads

Asparagus vinaigrette and rocket salad	£5.50
Roasted sweet pepper, olives, red onion and feta salad	£7.50
Ratte Potato, crème fraiche and spring onion salad	£5.00
Tomato and mozzarella salad with fresh basil	£7.50
“ <b>Chez Nello</b> ”, drizzled with olive oil. Please note that 10% of the price of this dish will go to the Maggie Centre in memory of restaurateur Nello Ghezzi <b>V</b>	
Chicken Caesar salad with pancetta and fresh shavings of parmesan, with garlic croutons and creamy vinaigrette <b>V</b>	£6.50

### Sharing Platters

Suitable for 2 people sharing

#### Spanish

Marinated artichokes, baby chorizo, oven-roasted chicken wings, tomato salsa, garlic prawns and calamari	£13.00
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#### Greek

Hummous with pitta bread, marinated feta cheese, spiced butterbean purée, mini lamb kofta and tzatziki dip	£12.00
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#### Italian

Sun-blushed tomatoes, olives, Parma ham, parmesan cheese, balsamic vinegar and olive oil, marinated mediterranean vegetables with fresh basil, bocconcini and sage	£11.00
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#### Pastas

Risotto of wild mushroom and asparagus finished with mascarpone	£8.95
Penne pasta with a parmesan, basil and tomato cream	£8.95
Fresh linguini with crabmeat, chilli, and ginger	£8.95
Tagliatelle of king prawn with a horseradish and tomato sauce	£8.95

## Mains

All our beef and lamb comes from the Castle of Mey estate, located on the west coast of Caithness about six miles west of John O'Groats. Mey selection is given extra flavour through skilful processing techniques of dry ageing and slow chilled for 28 days. His Royal Highness Prince Charles, Duke of Rothsey is the President of the Castle of Mey trust which aims to promote the development of the north highlands of Scotland.

### From our Grill

Ribeye steak (8oz) 230 grams	<b>£15.75</b>
Sirloin steak (8oz) 230 grams	<b>£17.50</b>
Rump steak	<b>£14.50</b>
Lamb cutlets	<b>£13.50</b>
Mixed grill (Lamb cutlet, rump steak, sausage, bacon, black pudding, tomato, and mushroom)	<b>£13.75</b>
Surf and turf Grilled sirloin steak topped with king prawns and béarnaise	<b>£19.50</b>
Grilled gamba king prawns, chilli and ginger sauce	<b>£18.50</b>
8oz homemade beef burger with bacon and smoked cheese	<b>£9.50</b>
Char grilled cajun chicken burger, onion rings, baby gem salad and cucumber relish.	<b>£9.50</b>

Cooked as you like it! All served with garlic field mushrooms, roast tomatoes, chunky chips or new potatoes with watercress, and choice of sauce:

Peppered sauce, mushroom sauce, garlic butter, or café de paris

### Sea Food

Organic salmon with olive crushed potatoes and sauce vierge	<b>£13.25</b>
Monkfish tempura with spicy fries and saffron mayonnaise	<b>£14.00</b>
Fish pie with mature cheddar cheese topping	<b>£12.50</b>
Grilled whole plaice with minted peas and pancetta tartare sauce	<b>£14.25</b>

### Vegetarian

Eggs florentine with green salad	<b>£7.50</b>
Mushroom and tarragon tart with spiced lentil balls	<b>£9.50</b>
Grilled vegetable burger with tomato salsa	<b>£8.50</b>

### Children's menu

Under 5's eat for free when accompanied by an adult

Children's ploughman's **£6.00**  
Ham, cheese, apple, melon and fresh crusty bread

All the children's meals are served with pasta, chips or  
mash plus baked beans or mixed seasonal vegetables

Chicken **£6.00**

Cod **£6.00**

Sausages **£6.00**

Penne pasta with spinach **£6.00**  
and sun blushed tomatoes

Pine nuts and red pepper pesto N **£6.00**

### Side Orders

Buttered parsley potatoes **£2.95**

Mash potatoes **£2.95**

House salad **£2.95**

Thick cut Chips **£2.95**

Tomato and red onion salad **£2.95**

Stir-fry greens **£3.25**

### Desserts

Selection of Scottish cheeses **£8.00**

Sticky toffee pudding **£5.75**  
served with caramel ice cream

Warm dark chocolate brownie **£5.75**  
with chocolate sauce and vanilla ice cream

Tiramisu with coffee ice cream **£5.75**

Vanilla crème brulee with citrus shortbread **£5.75**

Ice cream **£5.75**  
Selection of homemade ice creams and sorbet

Raspberry parfait **£5.75**  
A rich raspberry parfait served with Chantilly