

THE ESSLEMONT

BAR & RESTAURANT

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— GLUTEN FREE MENU —

STARTERS

SOUP OF THE DAY (V) - 4.50
Gluten free bread & butter

GAME TERRINE - 7.50
*Homemade date sauce, gluten free oatcakes
& pickled vegetables*

MULLED PEAR (V)(N) - 7.50
Grilled goats cheese, poached celery & walnut salad

MIDDLE EASTERN MEZE (V)(SERVES 2) - 14.00
*Gluten free bread, beetroot hummus, marinated
olives, falafel, charred peppers & courgette,
marinated haloumi & mushroom koftas*

SEAFOOD PLATTER (SERVES 2) - 16.00
*Deep fried whitebait, calamari, prawn mayo,
smoked salmon, garlic aioli, served with
gluten free bread with lemon*

KING SCALLOPS - 12.00
*Pea puree, pancetta crisp
& smoky vinaigrette pea shoots*

MUSHROOM, APRICOT
& CASHEW KOFTAS (V)(N) - 7.50
*Tangy tomato sauce, spiced chickpeas
& mixed bean salad*

MAINS

DUO OF VENISON - 19.50
*Haunch steak, venison pie, turnip & whisky chutney,
green beans & sticky red cabbage*

CHICKEN SUPREME - 17.00
*Colcannon potatoes, roasted root vegetables
& a rich red wine gravy*

BRAISED SHIN OF BEEF - 19.00
*Creamy herbed mashed potatoes, roast root vegetables,
rich wine gravy with crispy shallots*

PORK FILLET MEDALLIONS - 17.50
*Smoked potato mash, honey roasted carrot,
mustard cream & kale*

BAKED TOFU (V) - 15.00
Stir fried rice noodles, pak choi & pink ginger miso broth

FISH

NORTH SEA HADDOCK & CHIPS - 16.50
*Beer-battered Peterhead haddock with crushed peas,
homemade chunky chips & tartare sauce*

GRILLED SEABASS - 18.00
*Lemon & herb mash, sautéed mangetout
& courgette with paprika emulsion*

GRILL

STEAKS

*SERVED WITH HOMEMADE HAND CUT CHIPS,
ROASTED PLUM TOMATO & FLAT CAP MUSHROOM*

FILLET STEAK 8OZ - 32.00

RIBEYE STEAK 8OZ - 24.00

Sauces: Peppercorn (2.00) / Blue Cheese (2.00) / Diane (2.00)

BURGERS

*SERVED IN A GLUTEN FREE BUN WITH FRESH TOMATO,
CRISP LETTUCE, HOMEMADE SAUCE & SKINNY FRIES*

BEEF BURGER 6OZ - 14.00

CHICKEN BREAST BURGER - 13.00

*Additional: Mature Cheddar (1.00) / Crispy Bacon (1.00)
Fried Onions (1.00) / BBQ Pulled Pork (2.00) / Blue Cheese (2.00)*

DAILY CHEF SPECIAL

*Daily specials to celebrate
all things local*

SIDES

CRISPY ONION RINGS..... 3.00
Served with peppercorn mayo

TRUFFLE & PARMESAN FRIES..... 4.00

HONEY ROASTED CARROTS..... 3.00

SAUTÉED GARLIC MUSHROOMS..... 4.00

SEASONAL VEGETABLES..... 4.00

HOUSE SALAD..... 3.00

SWEET POTATO FRIES..... 4.00

PLEASE LET OUR STAFF KNOW OF ANY FOOD ALLERGIES & INTOLERANCES BEFORE ORDERING. VEGAN & GLUTEN FREE MENUS AVAILABLE ON REQUEST.
(V) VEGETARIAN / (VE) VEGAN / (N) CONTAINS NUTS / (DF) DAIRY FREE / ⌚ MAY TAKE LONGER TO COOK / 🔥 THIS DISH IS HOT