

THE FRIGATE CAFÉ BISTRO MENU FROM 12 noon-

Olives & bread £3.50

Hot Soup with bakehouse bread £3.50

Small sides and Starters:

Green salad £4.50 (Mixed leaves with peas, beans, Grana padano & balsamic syrup)

Crostini £4.95 (Ciabatta slices topped with marinated tomatoes, garlic infused olive oil, &

Oregano with a twist of rocket & shaved Grana padano, drizzled with balsamic syrup)

Antipasto Scottish style £5.50 (Pastrami, smoked Venison & shaved Black Forres

Ham with a twist of rocket & honey mustard dressing)

Antipasto £5.50 (Parma ham, Salami & Chorizo, with a twist of rocket & honey mustard dressing)

Risotto £4.95 (White mushrooms, Spinach, Peas & beans, cooked in a creamy white wine sauce)

Garlic bread £2.50 / With mozzarella £3.25

Bruschetta £4.50 (big slices of Ciabatta topped with sun ripened Tomatoes, Red onions garlic & pesto)

Mushroom Bruschetta £4.50 (Garlic mushrooms finished in a creamy garlic sauce)

Mixed salad £3.50 (Rocket leaves, Tomatoes, Red onions & diced cucumber with olives dressed with balsamic dressing)

Tomato & mozzarella £4.50 (Sun ripened Tomatoes, buffalo mozzarella, fresh basil, pesto & extra virgin olive oil)

Pasta: Lasagne £8.50 (Rich bolognese sauce layered with creamy béchamel, finished with Grana padano)

Carbonara £8.50 (Italian pasta with black Forres Ham, Shallots, garlic & finished with wine cream & parsley)

Ullapool hot smoked salmon Carbonara £8.50 (Italian pasta, hot smoked salmon flakes & shallots, finished with wine cream & parsley)

Cannelloni £7.50 (Spinach verde pasta filled with ricotta, finished with rich Tomato sauce & shaved Grana padano)

Sailor / Salads

Piobar dearg / Red pepper £7.50 (Roasted red pepper with melted goats cheese on a bed of mixed leaves, with olives & croutons)

Balgan-buachrach / mushroom £7.50 (Warm garlic mushrooms, torn buffalo mozzarella, Avocado, sun blushed tomatoes, mixed leaves, balsamic syrup & honey mustard dressing)

Cearc / Chicken £8.50 (Warm oven roasted Mediterranean vegetables, torn chicken breast on a bed of mixed leaves, tossed with honey mustard dressing)

Braden Rost / Salmon £8.50 (Hot smoked salmon, free range eggs, fine beans, sliced baby potatoes, marinated olives, anchovies & balsamic dressing)

Cearc is uighean / Chicken & Eggs £8.50 (Torn chicken breast, avocado, peppers, beans, free range eggs, mixed dressed leaves, olives & croutons)

Omhan-fuar / Ice cream

Banana Split £4.50

Chocolate Brownie sundae £4.50

Strawberry sundae £4.50

Trio of ice-creams (choice of flavours) £3.50

Scottish Cheese-board Selection £5.00

Pizza:

Margherita £5.95 (Tomato & Cheese)

Vesuvio £6.25 (Tomato, Ham & Cheese)

Capricciosa £6.50 (Tomato, Ham, Mushrooms & Cheese)

Quattro Stagioni £7.75 (Tomato, Mushrooms, Ham, Prawns & Olives)

Fruits de Mer £8.95 (Tomato, Local Seafood, Garlic & Cheese)

Quattro Formaggio £7.50 (Tomato, Mozzarella, Cheddar, Gorgonzola & Parmesan)

Havia £7.50 (Tomato, Ham, Pineapple & Cheese)

Vegetariano £7.50 (Tomato, Olives, Peppers, Onion, Mushrooms & Cheese)

Italiano £7.50 (Tomato, Ham, Mozzarella, Peppers & Cheese)

The Frigate £7.95 (Tomatoes, Olives, Bacon, Salami & Cheese)