



THE FRIGATE CAFÉ & BISTRO MENU

SERVED FROM 12 NOON:

- Olives & bread.....£3.50
- Hot Soup with bakehouse bread.....£3.50

SMALL SIDES & STARTERS:

- Green salad**.....£4.50
(Mixed leaves with peas, beans, Grana padano cheese & balsamic syrup)
- Crostini**.....£5.50
(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**.....£6.50
(Pastrami, smoked Venison & shaved Black Forres Ham with a twist of rocket & honey mustard dressing)
- Antipasto**.....£6.50
(Parma ham, Salami & Chorizo, with a twist of rocket & honey mustard dressing)
- Garlic bread**.....£2.50
With mozzarella.....£3.25
- Bruschetta**.....£5.50
(big slices of Ciabatta, topped with sun ripened Tomatoes, Red onions garlic & pesto)
- Mushroom Bruschetta**.....£5.50
(Garlic mushrooms on Ciabatta, finished in a creamy garlic sauce)
- Mixed salad**.....£3.50
(Rocket leaves, tomatoes, red onions, diced cucumber & olives with a balsamic dressing)
- Tomato & mozzarella**.....£4.50
(Sun ripened Tomatoes, buffalo mozzarella, fresh basil, pesto & extra virgin olive oil)

MAIN COURSES:

- Risotto**.....£7.95
(White mushrooms, Spinach, Peas & beans, cooked in a creamy white wine sauce)
- Chicken and Vegetable Risotto**.....£8.95

(Chicken, vegetables and risotto rice cooked in a creamy white wine sauce)

PASTA:

- Lasagne**.....£8.50
(Rich bolognese sauce layered with creamy béchamel, finished with Grana Padano cheese)
- Carbonara**.....£8.50
(Italian pasta with black Forres Ham, shallots, garlic, 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)
- Vegetarian Tagliatelli**.....£8.50
(Tagliatelli with double cream, peas, peppers and mushrooms)
- Chicken Tagliatelli**.....£8.50
(Tagliatelli with chicken, mushrooms, double cream and shallots)

SALADS:

- Red pepper**.....£7.50
(Roasted red pepper with melted goats cheese on a bed of mixed leaves, with olives & croutons)
- Mushroom**.....£7.50
(Warm garlic mushrooms, torn buffalo mozzarella, Avocado, sun blushed tomatoes, mixed leaves, balsamic syrup & honey mustard dressing)
- Chicken**.....£8.50
(Warm oven roasted Mediterranean vegetables, torn chicken breast on a bed of mixed leaves, tossed with honey mustard dressing)
- Salmon**.....£8.50
(Hot smoked salmon, free range eggs, fine beans, sliced baby potatoes, marinated olives, anchovies & balsamic dressing)
- Chicken & Eggs**.....£8.50
(Torn chicken breast, avocado, peppers, beans, free range eggs, mixed dressed leaves, olives & croutons)

