



THE FRIGATE CAFÉ & BISTRO MENU

BREAKFAST (until 12noon)

Porridge made with water or milk, syrup or salt.....	£2.60
Toast or Croissants & Preserves.....	£2.60
Cereal.....	£1.50
Hot Filled Roll.....	£2.50
(Bacon, Free-range Eggs, Sausage or Black Pudding)	
The Frigate Cooked Breakfast.....	£7.50
(meat or veggie, with unlimited tea or coffee & morning roll)	
American Style Pancakes with Syrup.....	£2.80
Beans on Toast.....	£3.15

BAGELS:

Toasted with scrambled egg & smoked salmon.....	£6.50
Toasted with Scrambled Egg.....	£4.50
Toasted with Smoked Salmon & Cream Cheese	
.....	£6.50
Toasted with Cream Cheese & Bacon.....	£5.50

LIGHT BITES, SIDES & STARTERS:

Frigate Sandwich served with salad & crisps.....	£4.95
(Ham, Cheese, Smoked Salmon, Tuna, Coronation Chicken or Free range Egg Mayonnaise)	
Olives with bread.....	£3.50
Hot Soup of the day with crusty roll.....	£3.50
Soup & Sandwich Duo.....	£5.50
Seasoned bread sticks.....	£2.50
Garlic bread.....	£2.50
With mozzarella.....	£3.50
Chicken Liver Pate & Oatcakes.....	£5.95
A selection of Cheeses & Oatcakes.....	£7.50
Green salad.....	£4.50
(Mixed leaves with peas, beans, Grana padano cheese & balsamic syrup)	
Crostini.....	£5.50
(Garlic Bread topped with marinated tomatoes, garlic in- fused olive oil, & oregano with a twist of rocket & shaved Grana padano, drizzled with balsamic syrup)	
Antipasto Scottish style.....	£6.50
(Pastrami, smoked Venison & shaved Ham with a twist of rocket & honey mustard dressing)	
Antipasto.....	£6.50
(Parma ham, Salami & Chorizo, with a twist of rocket &	

honey mustard dressing)

Bruschetta.....	£5.50
(Garlic Bread, topped with sun ripened tomatoes, red onions, & pesto)	
Mushroom Bruschetta.....	£5.50
(Mushrooms cooked in a garlic & cream sauce, served on garlic bread)	
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:

Lasagne.....	£8.50
(Rich bolognaise sauce layered with creamy béchamel, finished with Grana Padano cheese)	
Carbonara.....	£8.50
(Italian pasta with Ham, shallots, garlic, wine, cream & parsley)	
Ullapool hot smoked salmon Carbonara.....	£9.50
(Italian pasta, hot smoked salmon flakes & shallots, finished with wine, cream & parsley)	
Cannelloni.....	£8.50
(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 (served with seasoned bread sticks)	
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, Avo- cado, 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)	jalapenos & garlic)	£7.95
Salmon	DESSERTS:	
(Hot smoked salmon, free range eggs, fine beans, sliced baby potatoes, marinated olives, anchovies & balsamic dressing)	Banana Split.....	£4.95
Chicken & Eggs	Chocolate Brownie sundae.....	£4.95
(Torn chicken breast, avocado, peppers, beans, free range eggs, mixed dressed leaves, olives & croutons)	Strawberry sundae.....	£4.95
PIZZAS:	Trio of ice-creams (choice of flavours).....	£3.75
Margarita (Tomato sauce & mozzarella)	HOT DRINKS:	
Capricciosa (Tomato sauce, mozzarella, ham & mushrooms).....	Filter Coffee.....	£1.95
Scottish touch (Tomato sauce, mozzarella, mushrooms, haggis & tomatoes)	Espresso.....	£1.95 / Double Espresso.....
Pepperoni (Tomato sauce, mozzarella, salami)	Caffe Latte / Cappuccino (REG) £2.25 (LGE).....	£2.25
Americano (Tomato sauce, mozzarella, salami, red onions and jalapenos)	Caramel Latte.....	(REG) £2.40 (LGE) ..
Fiorrentina (Tomato sauce, mozzarella, fresh spinach, egg, garlic and olives).....	Mocha	(REG) £2.40 (LGE) ..
Romana (Tomato sauce, mozzarella, bacon, onions & salami)	Hot Chocolate.....	(REG) £2.25 (LGE).....
O sole mio (Tomato sauce, mozzarella, ham, mushrooms, peppers & eggs)	With Whipped Cream and Mallows.....	£2.90
Hawaii (Tomato sauce, mozz. ham & pineapple).....	Pot of Tea (per person)	£2.10
Prosciutto (Tomato sauce, mozzarella, Parma ham & buffalo mozzarella)	Fruit Tea.....	£2.10
Vegetarian (Tomato sauce, mozzarella, peppers, mushrooms, onions & olives)	Lapsang Souchong / Earl Grey.....	£2.25
Fruti di mare (Tomato sauce, mozzarella, local seafood & garlic)	Gaelic Coffee.....	£4.60
Quattro stagioni (Tomato sauce, mozz, ham, mushrooms, pepper, olives, tuna & prawns)	Frappe.....	£2.95 (with whipped cream).....
Tonno (Tomato sauce, mozzarella, onion & tuna)	(Vanilla / Chocolate Breeze / Mocha Breeze / Berries & Cream Breeze / Mango or Berry Breeze)	£3.35
Mafia (Tomato sauce, mozzarella, prawns & chilli sauce)	COLD DRINKS:	
.....	Milk	£1.60
Marinara (Tomato sauce, mozzarella, anchovies, red onion, prawns & tuna)	Belvoir Fruit Drinks 70cl.....	£3.95
Quattro formaggio (Tomato sauce, mozzarella, Cheddar, gorgonzola & goat's cheese)	Diet Coke / Coke.....	£1.90
The Frigate (Tomato sauce, mozzarella, bacon, Salami, olives, Parma ham, onions & tomatoes)	Red Bull.....	£2.25
Chicken (Tomato sauce, mozzarella, chicken, cucumber, tomato, onion, lettuce & garlic sauce)	Sparkling Water ltr.....	£2.95
Communist (Tomato sauce, mozzarella, salami, pepper,	Still Water.....	£1.60
	Coke Floats.....	£2.25
	Appletise.....	£2.15
	Ice-Cream Milkshakes.....	£2.80
	(Strawberry / Banana / Raspberry / Lime / Chocolate)	
	WINE: please see separate blackboard	
	MALT WHISKY:	
	25ml 10 yrs old.....	£3.35
	25ml 12 yrs old.....	£3.60
	25ml 15 yrs old.....	£3.85
	SPIRITS (25ml).....	£2.10 each
	Gin / Bacardi / Dry Martini / Vodka or Morgan's spiced	
	BOTTLED BEERS:	
	An Teallach Ales.....	£3.50 pint
	Grolsch.....	£3.60 pint
	Magners Cider.....	£3.60 pint
	Continental Beer.....	£3.00 (330ml)