

WELCOME TO
TIGH AN EILEAN HOTEL
& THE COASTAL KITCHEN.

menu

SOUPS

V G alternative available. See blackboard for **Today's homemade soup(s)** served with our homemade bread.

Cup **£4.00** Bowl **£5.75**

Our house seafood chowder

Cup **£5.00** Bowl **£6.75**

SANDWICHES

Served from 12.00 to 2.30pm

G alternative available.

All sandwiches with salad & crisps.

Smoked salmon

Shieldaig village smoked salmon & crowdie (Scottish cream cheese). **£8.00**

Honey glazed ham

& whole grain mustard mayo. **£5.00**

Bacon, Scottish Clava

& our cranberry sauce. **£5.50**

Mature cheese

& homemade chutney. **V** **£5.00**

PLOUGHMAN'S LUNCH

G alternative available.

Crab Pot served with applewood smoked cheddar, pickle, salad, homemade chutney and homemade bread. **£14.95**

Hummus served with applewood smoked cheddar, pickle, salad, homemade chutney and homemade bread. **V** **£11.25**

SIDES

Our homemade bread **V**

With aged balsamic vinegar and extra virgin olive oil. **£2.75**

Chips **VG G** **£2.50/£3.50**

Sweet Potato Chips **VG G** **£2.95/£3.95**

Olives **VG G** **£4.00**

Coastal Kitchen red cabbage coleslaw **VG G** **£3.00**

Our house salad **VG G V** alternatives available. With our house dressing. **£3.50**

Seasonal vegetables **VG G V** **£3.00**

Cheesy chips **G V** **£5.00**

PIZZAS FROM THE WOOD-FIRED OVEN

Each day we prepare pizzas... hand-spun from pizza dough made in-house to a classic recipe. See blackboard for today's pizza.

VG V alternatives available.

DISHES

As an alternative to starters and main courses we offer small & large plates for many of our dishes to suit every appetite.

Fresh local seafood from our village fishermen, traditionally creel-caught or dived, from sustainable sources and delivered from the jetty to the kitchen door each day.

Moules marinière **G** alternative available.

Cooked in creamy, garlic sauce and served with our homemade bread. **£9.50/£14.50**

Hand-dived local scallops **G**

Pan fried and served with sweet potato and chorizo purée, fresh fennel salad & crispy streaky smoked bacon. **£11.75/£21.75**

8oz Scottish aged rib-eye steak **G**
Cooked to your liking and served with chips, oven-roasted cherry tomatoes, mushrooms and onion rings. **£26.95**

Add pepper or blue cheese sauce + **£2.00**

Grilled Chicken Supreme

G alternative available. Served with Potato Mash, Neeps, Haggis Fritter & Creamy Leek Sauce. **£13.50**

Homemade burger and chips **VG G**

alternatives available. Served with gherkin and our special coleslaw.

Scottish Beef **£13.95**

Vegetable **V** **£11.95**

Add blue or Swiss cheese + **£1.50**

Add caramelised onions + **£1.00**

Baked goat's cheese

G V Served with Beetroot and Rocket Salad with Toasted Pine Nuts. **£6.75/£10.25**

Four-Bean Casserole

VG G alternatives available. Served with Olive Oil Garlic Bread. **£7.50/ £12.50**

Roast butternut squash **G V**

With harissa spiced butternut squash purée & crowdie cheese mousse. **£10.95**

The famous Coastal Kitchen

seafood stew **G** alternative available.

A selection of the finest local seafood and new potatoes in a langoustine-based bisque and served with our homemade bread.

£22.95

Loch Torridon seafood platter

See blackboard for what we have today.

G alternative available. **£25.00/£45.00**

Loch Torridon langoustines

With salad and thousand island sauce.

G alternative available. **£3.25 each**

'A la plancha' **G** alternative available.

Whole langoustines halved and grilled with garlic butter. Served with salad. **£19.50**

Loch Torridon langoustines scampi

Served with chips, salad and our tartare sauce (6). **£19.75**

Shieldaig village smoked salmon

G alternative available.

Hot and cold smoked salmon with lemon, salad and homemade bread. **£10.50/£18.95**

Fish and chips **G** alternative available.

Fresh Scottish haddock in our batter, served with tartare sauce, homemade mushy peas & chips. **£10.75/ £15.95**

CHILDREN

We can serve small portions of most of our dishes and in addition we have:

Kids margarita pizza **V** from the wood-fired oven. **£6.95**

Kids fish & chips **G** alternative available.

Fresh Scottish Haddock served with chips and garden peas. **£9.75**

Sausage, beans & chips **£6.95**

Pasta & tomato sauce **£7.00**

VG V alternative available.

PUDDINGS

See blackboard for today's other puddings.

Our sticky toffee & date pudding

V With vanilla ice cream. **£7.25**

Dark Chocolate Pudding **G V**

with Drambuie flavoured whipped cream and finished with fresh Raspberries. **£7.95**

Ice cream & Sorbet **V** See blackboard for today's flavours Per scoop. **£2.50**

Selection of Scottish cheeses

G V alternatives available.

With oatcakes & homemade chutney. **£10.50**

We have a large array of both alcoholic and non-alcoholic drinks at the bar, including real ales, guest beers and selected Scottish malts and craft gins – please just ask your server for your drink of preference.

CHAMPAGNE & SPARKLING

| | | |
|--|--------|-------------|
| Bollinger, NV | £85.00 | |
| Bottle Joseph Perrier Cuvée Royale | £65.00 | £20 Quarter |
| Bottle Prosecco Spumante Extra Dry (Italy) | £30.00 | |
| Prosecco Spumante, Lamberti 20cl | £10.00 | |

WINE BY THE GLASS

WHITE

| | Bottle | 175mls | 250mls |
|---|--------|--------|--------|
| Colombard, Baron d'Arignac (France) 2017/18 | £20.00 | £5.50 | £6.95 |
| Sauvignon Blanc, Santa Helena (Chile) 2018/19 | £23.00 | £5.95 | £7.75 |
| Victoria park Chardonnay, Yalumba 2016/17 | £25.00 | £6.50 | £8.50 |
| Pinot Grigot, terra del Noce (Italy) 2017/18 | £26.00 | £6.75 | £9.00 |
| Picpoul de Pinet, Beauvignac (France) 2017/18 | £30.00 | £7.75 | £10.50 |

ROSE

| | Bottle | 175mls | 250mls |
|--|--------|--------|--------|
| Syrah Rose, Baron d'Arignac (France) 2017/18 | £20.00 | £5.50 | £6.95 |
| Rose, Santa Helena (Chile) 2018/19 | £24.00 | £6.25 | £8.25 |

RED

| | Bottle | 175mls | 250mls |
|--|--------|--------|--------|
| Cabernet Sauvignon, Baron d'Arignac (France) 17/18 | £20.00 | £5.50 | £6.95 |
| Merlot, Santa Helena (Chile) 2017/18 | £23.00 | £5.95 | £7.75 |
| Rioja, Monte Haro, Paternina (Spain) 2016/17 | £26.00 | £6.75 | £9.00 |

WINE BY THE BOTTLE

WHITE

| | |
|---|--------|
| Sauvignon Blanc, Hidden Bay, Marlborough, New Zealand, 2020 | £27.95 |
| Sancerre, Christian Salmon, Loire, France, 2019 | £45.00 |
| Albariño, Pepa, Rías Baixas, Spain, 2018 | £32.00 |
| Rioja Blanco, Valdepalacios, Spain, 2019 | £25.95 |
| Grillo, Canapi, Sicily, Italy, 2019 | £23.50 |
| Chablis, William Fèvre, Burgundy, France, 2017 | £47.50 |
| Pouilly-Fuissé, Bouchard, Burgundy, France, 2018 | £54.95 |

RED

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|---|--------|
| Cockburns of Leith Vintage Claret, Bordeaux, France, 2018 | £29.00 |
| Château Cissac, Haut Médoc, Bordeaux, France, 2016 | £41.50 |
| Carmenere Reserva, Loma Negra, Leyda Valley, Chile, 2017 | £24.00 |
| Malbec, Lorca Lorca, Uco Valley, Argentina, 2018 | £25.95 |
| Pinot Noir, Stoneburn, Marlborough, New Zealand, 2018 | £35.00 |
| Rioja Gran Reserva, Paternina, Spain, 2011 | £42.00 |

DE-ALCOHOLISED

| | |
|--|--------|
| Natureo White (Muscat), Torres Penedès 2019 0.0% abv | £17.95 |
| Natureo Red (Syrah), Torres Penedès 2019 0.0% abv | £17.95 |

FOOD ALLERGIES AND INTOLERANCES

Please speak to staff about your requirements before ordering.

V Vegetarian option

VG Vegan option

G No Gluten containing ingredients

BEER

Draught Beer & Cider

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|------------------------|-------------|
| Guinness | £4.80/£2.40 |
| Tennent's Lager | £4.10/£2.10 |
| Heverlee Belgian Lager | £4.20/£2.20 |
| Tennent's Ember | £4.20/£2.20 |
| Strongbow Cider | £4.00/£2.10 |

Draught Real Ale

| | |
|---------------------------------|-------------|
| Strathcarron Brewery Red Cow | £4.50/£2.30 |
| Strathcarron Brewery Golden Cow | £4.50/£2.30 |

Bottled Beers & Cider

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|--------------------------------|-------|
| Strathcarron Brewery Black Cow | £4.95 |
| Old Mout Cider | £4.95 |
| Crabbies Alcoholic Ginger Beer | £4.95 |
| Peroni | £3.50 |
| Stella | £3.50 |
| Corona | £3.50 |
| Becks Blue (Non-Alcoholic) | £3.20 |
| Peroni (Non-Alcoholic) | £3.50 |

SOFT DRINKS

Cans

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|---|-------|
| Coke, Diet Coke, Irn Bru, San Pellegrino. | £1.80 |
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Bottles

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| Fentimans Ginger Beer, Fentimans Victorian Lemonade, Appletiser, Sparkling Elderflower Presse, Orange & Passionfruit J2o. | £3.00 |
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Highland Spring water

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|--------------------------|-------|
| 1lt Still or Sparkling | £3.70 |
| 330ml Still or Sparkling | £2.00 |



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& THE COASTAL KITCHEN
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