



Am Bàrd

Homemade Soup of the Day

served with sourdough bread or cheese & Loch Ewe
Salt and Seaweed scone £5.70

Homemade Quiche of the Day

served with salad leaves & homemade coleslaw £8.75

Open Sandwiches

served with salad leaves & our homemade coleslaw
served on sourdough bread

Hot Smoked Salmon

Hot smoked salmon, avocado,
horseradish cream, beetroot & dill £10.95

Prawn Cocktail

Prawns, marie rose sauce, salad
leaves, beetroot & dill £10.95

BLT

Bacon, lettuce,
tomato & mayonnaise £9.50

Hummus & Roasted Veg

Vegetables roasted in Cullisse
Rapeseed Oil, Am Bàrd hummus
and salad leaves V Ve £10.25

Macaroni Cheese

served with garlicky parmesan sweet potatoes V £10.25

Toasties

served with salad leaves & our homemade coleslaw

Black Pudding & Macaroni Cheese

Local Black Pudding (Ritchie's of Aultbea) and macaroni cheese £10.25

Ham & Cheese

Smoked Ham and Cheddar Cheese £9.95

Roasted Veg & Mozzarella

Mozzarella cheese & a selection of vegetables roasted in Cullisse Rapeseed Oil V £9.95

Baked Potatoes

served with salad leaves & our homemade coleslaw

Hot Smoked Salmon with
a little horseradish cream
£10.95

Cold water prawns in
marie-rose sauce
£10.25

Ritchie's of Aultbea Black Pudding
or Haggis & Cheese £10.25

Kids' Meals

Wee tasty soup & bread £4.25

Cheesy Toastie £4.50

Mac & Cheese £5.75

Wee Hot Chocolate £2.50

Babycino £2.50

Hot Drinks

All coffees from

Highland Roasters of Inverness

Americano £2.35

Cappuccino £2.95

Latte £2.95

Flat White £2.95

Mocha £2.95

Espresso £1.95

Hot Chocolate £2.65

from the Chocolate Place of Inverness
Add cream & marshmallows £3.50

Pekoe Tea of Edinburgh £2.85
Breakfast, Earl Grey, Peppermint, Fruit
Infusion and Green Tea

Homemade Am Bàrd Hummus
& roasted vegetables **V** **Ve**
£9.25

Homemade Baked Beans &
Applewood Smoked Cheese **V**
£8.25

Home Baking

Am Bàrd homemade scone with
butter and jam £3.50

Am Bàrd homemade scone with
cream and jam £3.95

Selection of delicious homemade
traybakes £2.50 - £3.50

Selection of delicious homemade
cakes £2.50 - £3.95

Chilled Drinks

Scottish Bon Accord Fizzy Juice £2.50

Diet Coke, IRN BRU £1.95

Strathmore Scottish Water
Still/Sparkling £1.90

Please speak to our friendly team with
regards to any allergies, special dietary
requirements or intolerances. Menu
options made without gluten are
available but please note, due to the
size of our premises, these items are
not prepared in a gluten free
environment.

Vegetarian options marked **V**
Vegan options marked **Ve**