

V VEGETARIAN | VG VEGAN | GF GLUTEN FREE

* = OPTION AVAILABLE (E.G. GF* = GLUTEN FREE AVAILABLE)

Every care is taken to avoid any cross contamination when processing a specific allergen free order. We do however work in a kitchen that processes allergic ingredients and does not have a specific allergen free zone. If you suffer from a food allergy or intolerance, please let your server know upon placing your order.

A 10% service charge will automatically be added to tables of 5 or more.

MORNINGS

at the Med...

Breakfast served from 10 to 11.45am Saturday & Sunday.

Small plates



As a starter...

SOUP OF THE DAY <small>V, GF*, VG*</small>	6.00
Grilled Bavarian Bakery sourdough, Isle of Skye sea salt butter. *we source our gluten-free bread from another bakery	
SUPERFOOD SALAD <small>V, GF</small>	8.00
Quinoa, spinach, toasted almonds, tenderstem broccoli, heritage tomato, avocado, pomegranate vinaigrette.	
PRAWNS, CHORIZO & SOURDOUGH <small>GF*</small>	9.00
Roast garlic.	
MED-ITERRANEAN SALAD <small>V, GF</small>	8.00
Feta, cucumber, heritage tomato, red onion, extra virgin olive oil.	
LETTUCE WRAPS	7.50
Hot honey soy chicken, chilli mayo, crispy onions and coriander.	
SOUTHERN FRIED MONKFISH	9.00
Old bay, chipotle ranch.	
BAO BUNS.....	9.00
Hoisin pork belly, coriander, sriracha mayo.	

As a side...

SKINNY FRIES <small>V, GF*</small>	4.00
Add CHEESE, BURGER SAUCE & CRISPY ONIONS for £1.5	
CHUNKY CHIPS <small>V, GF</small>	4.00
STONE-BAKED CIABATTA GARLIC BREAD <small>V, GF*, VG*</small>	4.00
Add CHEESE for 1.5	
MAC & CHEESE	4.50
Isle of Mull Cheddar mac, herb crumb.	
HALLOUMI FRIES <small>V, GF</small>	8.00
Cajun-seasoned fried halloumi served with a garlic mayo.	

From the Farm



6oz CHEESEBURGER	14.50
Chargrilled John Gilmour's beef patty, American cheese, house burger sauce, lettuce, tomato, onion, gherkin, toasted brioche bun & skinny fries.	
MFC BURGER	15.00
Southern fried chicken breast, American cheese, sriracha mayo, lettuce and pickle on toasted brioche.	
<i>Burger</i> add-ons	1.50
HOUSE-CURED STREAKY BACON MULL CHEDDAR HAGGIS HALLOUMI	

BRAISED BEEF SHIN	18.00
Spring onion mash, steamed broccoli, red wine jus.	
CHARGRILLED STEAK <small>GF*</small>	20.00
10oz 28-day aged Borders flat iron steak served with rocket & parmesan salad, skinny fries & peppercorn sauce.	
MEAT FEAST PIZZA <small>GF*</small>	13.00
Shredded roast chicken, house-smoked bacon lardons, chorizo.	
GARLIC & GINGER FRIED RICE	16.00
Crispy fried free-range chicken breast, hot honey soy, chilli mayo, cucumber radish salad.	

From the Meadow



Our vegetarian & vegan options...

HALLOUMI TACOS <small>V</small>	12.50
Flour tortilla, Asian slaw, coriander, sriracha mayo.	
6oz MEADOWS BURGER <small>V, VG*, GF*</small>	14.95
Veggie patty topped with veggie haggis, house burger sauce, lettuce, tomato, onion, gherkin, toasted brioche bun & skinny fries.	
Add MULL CHEDDAR or HALLOUMI for 1.5	
ROAST GARLIC & CHILLI LINGUINE	16.00
Lime & basil.	
GARLIC & GINGER FRIED RICE <small>V*, VG*</small>	
Hot honey soy, chilli mayo, cucumber radish salad.	
Choose from:	
HALLOUMI	15.00
MUSHROOM	13.50
MARGHERITA PIZZA <small>V, GF*, VG*</small>	10.00
Fresh mozzarella, San Marzano sugo, basil.	

From the Sea



FISH TACOS	13.00
Flour tortilla, Asian slaw, coriander, sriracha mayo.	
FISH & CHIPS.....	15.00
Peterhead landed Cold Town Beer battered haddock, caper herb tartare, chunky chips and charred lemon.	
GRILLED SEABASS <small>GF</small>	18.00
Roast garlic, olive, cherry tomato, samphire, steamed baby potatoes, salsa verde.	
PRAWN & CHILLI LINGUINE	16.00
Roast garlic, lime & basil.	

SUNDAYS

at the Med...

Slow-cooked SCOTTISH BEEF served with ROASTED ROOTS, NEW SEASON BABY POTATOES, YORKSHIRE PUDDING, CREAMED PANCETTA CABBAGE and RED WINE GRAVY .

- 16.50 -

Cheese & Sweet Treats



HOUSE OF MOUSE CHEESEBOARD <small>GF*</small>	9.50
See specials board for today's cheese, supplied by our friends at House of Mouse. Served with oatcakes and Chef's choice of chutney.	
STICKY TOFFEE PUDDING <small>V</small>	6.00
Vanilla bean ice cream, warm salted toffee sauce.	
DARK CHOCOLATE MOUSSE <small>V, GF*</small>	8.00
Hazelnut praline, wafer crumb, chocolate shell.	
CAFÉ GOURMAND	9.00
Espresso served with today's miniature desserts selection.	
SELECTION OF SCOTTISH ICE CREAM	1.50
Ask your server for today's flavours! <small>PER SCOOP</small>	

Please ask your server for our freshly baked cakes and sweets!