Mornings

at the Med...

Breakfast served from 10am until 11.45am Saturday & Sunday.

Small Plates

As a starter -

SOUP OF THE DAY V. VG*, NGC*

Toasted sourdough, sea salt butter. £6.95 We source our gluten-free bread from another bakery

ASIAN PRAWN COCKTAIL NGC*

Tender king prawns, chilli ginger mayo, Asian slaw, crispy onions, coriander. £10.5

HAGGIS-STUFFED PADRON PEPPERS

Haggis, cream cheese, ranch. £9

LETTUCE WRAPS

Hot honey soy chicken, chilli mayo, crispy onions, coriander. £9

SOUTHERN FRIED MONKFISH

Cajun, ranch dressing. £11

BAO BUNS

Slow-cooked pork belly, hoisin, sriracha mayo, coriander. £9.5

As a side

SKINNY FRIES V. NGC* £5.5

CHUNKY CHIPS V. NGC £5.5

STONE-BAKED GARLIC CIABATTA V. VG*. NGC* £5.5

Add CHEESE for £1.75

MAC & CHEESE

Isle of Mull Cheddar mac, herb crumb. £6

SALT & VINEGAR ONION RINGS V

Cold Town Beer battered onion rings with ranch dip. £7

TATER TOTS V £5.5

Add JALAPENOS, CHEESE, SOUR CREAM & SALSA for £4

HALLOUMI FRIES V. NGC

Cajun-seasoned fried halloumi served with a garlic mayo. $\pounds 10$

CAESAR SALAD V. NGC*

Gem lettuce, brioche croutons, parmesan, Caesar dressing. ${\bf £8}$

Add GRILLED CHICKEN for £5 or PRAWNS for £6

HOUSE SALAD V. VG*, NGC*

Crisp gem lettuce, tomato, cucumber, red onion, croutons, ranch dressing. **£6**

Big Plates

SMASHED DOUBLE CHEESEBURGER

Chargrilled twin smashed beef patties, American cheese, house burger sauce, lettuce, tomato, onion, gherkin, toasted brioche bun, skinny fries. £17

MFC BURGER

Southern fried chicken breast, American cheese, sriracha mayo, lettuce, pickle, toasted brioche bun, skinny fries. £17.5

602 MEADOWS BURGER V. VG*

Veggie patty topped with veggie haggis, house burger sauce, lettuce, tomato, onion, gherkin, toasted brioche bun, skinny fries. £16

Add STREAKY BACON, HAGGIS, ONION RING or HALLOUMI to any burger for £2.5

FISH & CHIPS

Peterhead landed Cold Town Beer battered haddock, caper herb tartare, chunky chips, charred lemon. £18.5

STEAK FRITES NGC

Chargrilled Picanha steak, pommes frites, cowboy butter. £25

CHICKEN PIE

Golden shortcrust, creamy chicken & pea filling, mashed potatoes, tenderstem broccoli. £18

MEAT FEAST PIZZA NGC*

Shredded roast chicken, house-smoked bacon lardons, chorizo. £15

MARGHERITA PIZZA V. VG*, NGC*

Fresh mozzarella, San Marzano sugo, basil. £13

GARLIC & GINGER FRIED RICE V*. VG*

Hot honey soy, chilli mayo, cucumber radish salad.

Choose from CRISPY FRIED CHICKEN £18 | HALLOUMI £17 | MUSHROOM £16

HANGING CHICKEN KEBAB NGC*

Marinated & grilled chicken skewer, flatbread, house butter sauce, ranch, salad. £18

THE MED'S TACOS V*

Flour tortilla, Asian slaw, coriander, sriracha mayo. Choose from FISH £16 | HALLOUMI £15

Sundays

at the Med...

Slow-cooked SCOTTISH BEEF served with ROASTED ROOTS, ROASTED POTATOES, YORKSHIRE PUDDING, CREAMED PANCETTA CABBAGE and RED WINE GRAVY. £18.5



V VEGETARIAN | VG VEGAN | NGC NON GLUTEN CONTAINING
* = OPTION AVAILABLE (E.G. V* = VEGGIE OPTION 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.

