

MORNINGS

at the Med...

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

SMALL PLATES

As a starter...

SOUP OF THE DAY **v, GF*, VG*** 6.00
Grilled Bavarian Bakery* sourdough, sea salt butter.
*we source our gluten-free bread from another bakery

PRAWN COCKTAIL **GF*** 9.00
King prawns, Asian slaw, sriracha mayo, crispy onions, coriander.

CAESAR SALAD **v, GF*** 7.00
Gem lettuce, brioche croutons, parmesan, Caesar dressing.
Add GRILLED CHICKEN for 2.50 or PRAWNS for 3.00

LETTUCE WRAPS 7.50
Hot honey soy chicken, chilli mayo, crispy onions and coriander.

SOUTHERN FRIED MONKFISH 9.50
Old bay, chipotle ranch.

BAO BUNS..... 9.00
Hoisin pork belly, coriander, sriracha mayo.

As a side...

SKINNY FRIES **v, GF*** 4.00
Add CHEESE, BURGER SAUCE & CRISPY ONIONS for 1.50

CHUNKY CHIPS **v, GF** 4.00

STONE-BAKED CIABATTA GARLIC BREAD **v, GF*, VG*** 4.00
Add CHEESE for 1.50

MAC & CHEESE 4.50
Isle of Mull Cheddar mac, herb crumb.

HALLOUMI FRIES **v, GF** 8.00
Cajun-seasoned fried halloumi served with a garlic mayo.

HOUSE SALAD **v, GF*, VG*** 6.00
Crisp gem lettuce, tomato, cucumber, red onion, croutons,
ranch dressing.



FROM THE FARM

SMASHED DOUBLE CHEESEBURGER 14.50
Chargrilled twin smashed beef patties, 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, toasted brioche bun & skinny fries.

Burger add-ons 1.50
STREAKY BACON | MULL CHEDDAR
HAGGIS | HALLOUMI

MEAT FEAST PIZZA **GF*** 13.00
Shredded roast chicken, house-smoked bacon lardons, chorizo.

BLT CIABATTA SANDWICH **GF*** 13.00
Smokey strips of streaky bacon, gem lettuce, tomatoes,
mayonnaise on toasted ciabatta.

Enjoy any HALF SANDWICH with your
choice of SOUP, SALAD or FRIES for £10!

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.

FISHERMAN'S BUTTY 12.50
Cold Town Beer battered haddock fillets, house tartare,
gherkin and crisp gem lettuce on grilled ciabatta.

FROM THE MEADOW

Our vegetarian & vegan options...

HALLOUMI TACOS **v** 12.50
Flour tortilla, Asian slaw, coriander, sriracha mayo.

6OZ MEADOWS BURGER **v, VG*** 14.95
Veggie patty topped with veggie haggis, house burger sauce,
lettuce, tomato, onion, gherkin, toasted brioche bun & skinny fries.
Add HALLOUMI for 1.50

MARGHERITA PIZZA **v, GF*, VG*** 10.00
Fresh mozzarella, San Marzano sugo, basil.

HALLOUMI & AVOCADO CIABATTA **v, GF*** 13.00
Rocket, chilli jam, garlic mayo, skinny fries.

CHEESE & SWEET TREATS

CHEF'S SELECTION OF CHEESE **GF*** 9.50
Ask your server for today's cheese, supplied by our friends at
I.J Mellis.
Served with oatcakes and Chef's choice of chutney.

STICKY TOFFEE PUDDING **v** 6.50
Vanilla bean ice cream, warm salted toffee sauce.

AFFOGATO **GF** 8.50
Vanilla ice cream, white chocolate daisy, espresso.

WHITE CHOCOLATE RASPBERRY BRIQUETTE **v, GF*** 9.00
Raspberry white chocolate briquette, raspberry & yuzu gel,
meringue shard.

SCOOP OF SCOTTISH ICE CREAM 1.50
Ask your server for today's flavours!
Please ask your server for our freshly baked cakes and sweets!

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 -



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.