



**LUNCH MENU FROM 11:45 TO 15:00 (MONDAY TO FRIDAY)
11:45 TO 16:00 (SATURDAY) AND 12:15 TO 15:30 (SUNDAY)**

Soup of the moment served with bread or oatcakes

Takeaway **£6.45**
£5.45

AB tangy mackerel pâté served with oatcakes **£6.95**

C Sinclair Prawn cocktail – sumptuous king prawns in Marie Rose sauce with a spicy Bloody Mary drizzle served with salad and oatcakes **£8.95**

Toasted panini* served with fresh salad, crisps & homemade red cabbage slaw **£11.45**

- Avocado, mushroom & spinach (VG)
- Brie & cranberry *add bacon for £1.25*
- Cheese & pickle (V, VGA)
- Chicken, Tom Courts' smoked bacon & mayo
- Halloumi, tomato & fresh basil (V)
- Honey glazed ham, cheese & pickle
- Roast beef, smoked applewood cheese & chutney
- Roasted Mediterranean vegetable melt with vegan applewood (VG)
- Sundried tomato, vegan pesto (contains nuts) & vegan applewood (VG)
- Tuna, red onion & mozzarella

Sandwiches* served with fresh salad, crisps & homemade red cabbage slaw

- AB Club – chicken, Tom Courts' smoked bacon, egg mayo & lettuce **£10.85**
- BLT (with Tom Courts' smoked bacon) **£9.45**
- Cheese & pickle (V, VGA) **£9.45**
- C Sinclair prawn Marie Rose with bloody Mary sauce **£10.85**
- C Sinclair smoked salmon & cream cheese **£10.85**
- Egg mayo (V) **£9.45**
- Honey glazed ham cheese & pickle **£9.95**
- Sundried tomato, vegan pesto (contains nuts) & vegan applewood (VG) **£9.45**
- Tuna & red onion mayo **£9.45**
- VLT – avocado, hummus, tomato, cucumber & lettuce (VG) **£10.85**

*Add a cup of soup to your panini or sandwich for **£2.95**

Salad bowls

AB freshly prepared dressed house salad (V, VGA) **£7.75**
Add chicken and bacon, tuna mayo, honey glazed ham or avocado and sundried tomatoes for **£3.45**

Special dietary requirements? Please ask a member of our team.

Fisherman's Lunch featuring fish and seafood from C Sinclair, including smoked salmon, AB mackerel pate and prawn Marie Rose served with salad garnish and oatcakes **£11.95**

Ploughman's Lunch cheese, honey glazed ham, pickled onion, Branston pickle, homemade red cabbage slaw and bread or oatcakes **£11.95**

Thai Green Curry with coconut, coriander, green chillies, ginger, cumin & more served with rice and charred lime:
Vegetable (VG) **£12.95**
Chicken **£14.95**
Prawn **£14.95**

Beef Stroganoff featuring pan-fried Tom Courts' steak strips, mushrooms, tarragon in a creamy sauce served with rice **£14.95**

Mushroom Stroganoff with tarragon in a creamy sauce served with rice (V) **£12.95**

Traditional Shepherd's Pie featuring Tom Courts' minced lamb, vegetables, rosemary & garlic, topped with mashed potato & cheese (optional) **£14.95**

Cheeseboard featuring today's selection of Scottish cheeses, grapes, chutney and oatcakes **£9.45**

Add a glass of house white, rosé or red 125ml **from £3.75**
See wine list for details

Soft drinks

Coca-Cola / Diet Coke (330ml) **£2.35**
Irn Bru / Irn Bru Sugar Free (330ml) **£2.35**
Old Jamaica Ginger Beer (330ml) **£2.35**
San Pellegrino Aranciata / Aranciata Rossa / Limonata / Melograno & Arancia (330ml) **£2.85**
Highland Spring still or sparkling water (330ml) **£2.35**
Fentimans Rose Lemonade (275ml) **£3.00**

Sweet treats

See our deli counter for today's selection of cakes, pastries, tray bakes and scones – prices displayed

Check our board for chef's specials!

Gluten free bread or oatcakes available on request. While every effort is made to avoid cross-contamination, please note that gluten is present in our kitchen. (V) these dishes are made of ingredients that do not contain meat or fish; (VG) these dishes are made from ingredients that do not contain any animal derivatives; (VGA) refers to dishes where a vegan option is available on request. Some of our dishes may contain one or more of the 14 controlled allergens so please make a member of the team aware of any allergens or intolerances.