

WELCOME TO  
TIGH AN EILEAN HOTEL  
& THE COASTAL KITCHEN.

# menu

## SOUPS

**V G** alternative available. See blackboard for **Today's homemade soup(s)** served with our homemade bread.

Cup **£4.75** Bowl **£5.75**

### Our house Cullen Skink

Cup **£5.75** Bowl **£6.75**

## SANDWICHES

Served from 12.00 to 2.30pm

**G** alternative available.

All sandwiches with salad & crisps.

### Smoked salmon

Shieldaig village smoked salmon & crowdie (Scottish cream cheese). **£8.00**

### Honey glazed ham

& wholegrain mustard mayo. **£5.50**

### Bacon & Clava

& our cranberry sauce. **£6.00**

### Mature cheese

& homemade chutney. **V** **£5.50**

Make it a toastie **£1.00**

## SIDES

### Our homemade bread **V**

With aged balsamic vinegar and extra virgin olive oil. **£2.75**

Chips **VG G** **£2.50/£3.50**

Sweet Potato Chips **VG G** **£2.95/£3.95**

Coastal Kitchen red cabbage coleslaw **VG G** **£3.00**

Our house salad **VG G V** alternatives available. With our house dressing. **£3.50**

Seasonal vegetables **VG G V** **£3.00**

Cheesy chips **G V** **£5.00**

## PIZZAS FROM THE WOOD-FIRED OVEN

Hand-spun from pizza dough made in-house to a classic recipe.

**VG V** alternatives available.

Please enquire when our pizzas are available.

## DISHES

As an alternative to starters and main courses we offer small & large plates for many of our dishes to suit every appetite.

Fresh local seafood from our village fishermen, traditionally creel-caught or dived, from sustainable sources and delivered from the jetty to the kitchen door each day.

### Hand-dived local scallops **G**

Please see our blackboard. **£11.75/£21.75**

### Loch Torridon langoustines

With salad and thousand island sauce.

**G** alternative available. **£3.25 each**

### 'A la plancha' **G** alternative available.

Whole langoustines halved and grilled with garlic butter. Served with salad. **£19.50**

### Loch Torridon langoustines scampi

Served with chips, salad and our tartare sauce (6). **£19.75**

### Shieldaig village smoked salmon

**G** alternative available.

Hot and cold smoked salmon with lemon, salad and homemade bread. **£10.50/£18.95**

### Fish and chips **G** alternative available.

Fresh Scottish haddock in our batter, served with tartare sauce, peas & chips. **£11.50/ £16.95**

### 8oz Scottish aged rib-eye steak

Cooked to your liking and served with chips, oven-roasted tomatoes, flat mushroom and onion rings. **£27.50**

Add pepper or blue cheese sauce + **£2.00**

### Venison Casserole

Served with Creamed Mashed Potato & Wilted Kale. **£19.50**

### Haggis, neeps and tatties

Traditionally made to a local recipe, with crushed neeps, mashed potatoes and a whisky sauce. **£9.95/£14.95**

Vegetarian haggis, neeps and tatties **£6.95/£9.95**

### Homemade burger and chips

alternatives available. Served with gherkin and our special coleslaw.

Scottish Beef **G** **£15.50**

Grilled Chicken **G** **£13.50**

Add blue OR Swiss cheese +**£1.50**

Add caramalised onions +**£1.00**

### Jerusalem Artichoke Risotto **VG V**

Finished with Chesnut & Parmesan. **£13.50**

### Goat's cheese **V**

Served with Beetroot and Rocket Salad with Toasted Pine Nuts. **£6.75/£10.25**

## CHILDREN

We can serve small portions of most of our dishes and in addition we have:

### Kids fish & chips **G** alternative available.

Fresh Scottish Haddock served with chips and garden peas. **£9.95**

Sausage, beans & chips **£6.95**

Pasta & tomato sauce **£7.00**

**VG V** alternative available.

## PUDDINGS

See blackboard for today's other puddings.

### Our sticky toffee & date pudding

**V** With vanilla ice cream. **£7.25**

### Crumble

**V** with vanilla ice cream. **£6.95**

### Ice cream & Sorbet **V** See blackboard

for today's flavours Per scoop. **£2.50**

### Selection of Scottish cheeses

**G V** alternatives available.

With oatcakes & homemade chutney. **£10.50**

We have a large array of both alcoholic and non-alcoholic drinks at the bar, including real ales, guest beers and selected Scottish malts and craft gins – please just ask your server for your drink of preference.

## CHAMPAGNE & SPARKLING

Bollinger, NV	£85.00		
Bottle Joseph Perrier Cuvée Royale	£65.00	£20 Quarter	
Bottle Prosecco Spumante Extra Dry (Italy)	£30.00		
Prosecco Spumante, Lamberti 20cl	£10.00		

## WINE BY THE GLASS

### WHITE

	Bottle	175mls	250mls
Colombard, Baron d'Arignac (France) 2017/18	£20.00	£5.50	£6.95
Sauvignon Blanc, Santa Helena (Chile) 2018/19	£23.00	£5.95	£7.75
Victoria park Chardonnay, Yalumba 2016/17	£25.00		
Pinot Grigot, terra del Noce (Italy) 2017/18	£26.00	£6.75	£9.00
Picpoul de Pinet, Beauvignac (France) 2017/18	£30.00		

### ROSE

	Bottle	175mls	250mls
Syrah Rose, Baron d'Arignac (France) 2017/18	£20.00	£5.50	£6.95
Rose, Santa Helena (Chile) 2018/19	£24.00		

### RED

	Bottle	175mls	250mls
Cabernet Sauvignon, Baron d'Arignac (France) 17/18	£20.00	£5.50	£6.95
Merlot, Santa Helena (Chile) 2017/18	£23.00	£5.95	£7.75
Rioja, Monte Haro, Paternina (Spain) 2016/17	£26.00		

## WINE BY THE BOTTLE

### WHITE

Sauvignon Blanc, Hidden Bay, Marlborough, New Zealand, 2020	£27.95
Sancerre, Christian Salmon, Loire, France, 2019	£45.00
Albariño, Pepa, Rías Baixas, Spain, 2018	£32.00
Rioja Blanco, Valdepalacios, Spain, 2019	£25.95
Grillo, Canapi, Sicily, Italy, 2019	£23.50
Chablis, William Fèvre, Burgundy, France, 2017	£47.50
Pouilly-Fuissé, Bouchard, Burgundy, France, 2018	£54.95

### RED

Cockburns of Leith Vintage Claret, Bordeaux, France, 2018	£29.95
Château Cissac, Haut Médoc, Bordeaux, France, 2016	£41.50
Carmenere Reserva, Loma Negra, Leyda Valley, Chile, 2017	£24.00
Malbec, Lorca Lorca, Uco Valley, Argentina, 2018	£25.95
Pinot Noir, Stoneburn, Marlborough, New Zealand, 2018	£35.00
Rioja Gran Reserva, Paternina, Spain, 2011	£42.00

## DE-ALCOHOLISED

Natureo White (Muscat), Torres Penedès 2019 0.0% abv	£17.95
Natureo Red (Syrah), Torres Penedès 2019 0.0% abv	£17.95

## FOOD ALLERGIES AND INTOLERANCES

Please speak to staff about your requirements before ordering.

**V** Vegetarian option

**VG** Vegan option

**G** No Gluten containing ingredients

## BEER

### Draught Beer & Cider

Guinness	£4.80/£2.50
Tennent's Lager	£4.10/£2.10
Heverlee Belgian Lager	£4.20/£2.20
Tennent's Ember	£4.20/£2.20
Strongbow Cider	£4.00/£2.10

### Draught Real Ale

Strathcarron Brewery	£4.30/£2.30
----------------------	-------------

### Bottled Beers & Cider

Strathcarron Brewery Black Cow	£4.95
Old Mout Cider	£4.95
Crabbies Alcoholic Ginger Beer	£4.95
Peroni	£3.60
Stella	£3.60
Corona	£3.60
Becks Blue (Non-Alcoholic)	£3.30

## SOFT DRINKS

### Cans

Coke, Diet Coke, Irn Bru, San Pellegrino.	£2.00
---	-------

### Bottles

Fentimans Ginger Beer, Fentimans Victorian Lemonade, Appletiser, Sparkling Elderflower Presse.	£3.00
--	-------

### Highland Spring water

1lt Still or Sparkling	£4.00
330ml Still or Sparkling	£2.50



TIGH AN EILEAN HOTEL  
& THE COASTAL KITCHEN  
SHIELDAIG, ON LOCH TORRIDON,  
ROSS-SHIRE, IV54 8XN  
TEL: 01520 755251  
INFO@TIGHANEILEAN.CO.UK  
WWW.TIGHANEILEAN.CO.UK  
WWW.SHIELDAIGBARCOASTALKITCHEN.CO.UK