

WELCOME TO
TIGH AN EILEAN HOTEL
& THE COASTAL KITCHEN

menu

CELEBRATING OUR
20TH ANNIVERSARY

SOUPS

V See blackboard for today's homemade soup(s) served with our homemade bread

Cup **£4.00**
Bowl **£5.75**

Our house seafood chowder:

Cup **£5.00**
Bowl **£6.95**

SANDWICHES

Served from 12 to 2.30pm

All sandwiches with salad & crisps

GF alternative available

Smoked salmon

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

Honey glazed ham & salad **£5.00**

Mature cheddar **V**
& homemade chutney **£4.50**

SIDES

Our homemade bread **V**

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

Chips **£2.50/£3.50**

Olives **VG GF V** **£4.00**

Coastal Kitchen coleslaw **V** **£3.50**

Our house salad **GF V**
With our house dressing **£3.00**

Seasonal vegetables **VG GF V** **£3.00**

Cheesy chips **GF V** **£5.00**

PIZZAS FROM THE WOOD-FIRED OVEN

Each day we prepare pizzas...

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

See blackboard for today's pizza and other
wood-fired specialties

VG V alternatives 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.

The famous Coastal Kitchen seafood stew

GF alternative available

A selection of the finest local seafood and
saffron new potatoes in a langoustine-based
bisque and served with our
homemade bread **£21.00**

Loch Torridon seafood platter

See blackboard for what
we have today **£20.00/£30.00**

GF alternative available

Loch Torridon langoustines

With salad and thousand island sauce
GF alternative available **£2.75** each

Loch Torridon langoustines **GF**

a la plancha/ Whole langoustine
halved and grilled with garlic butter **£17.25**

Loch Torridon langoustines scampi

Served with chips, salad and our
tartare sauce (6) **£17.75**

Shieldaig village smoked salmon

GF alternative available
Hot and cold smoked salmon with lemon
and homemade bread **£9.95/£17.95**

Fishcakes/ vegcakes

Served with salad and cucumber remoulade

Fishcakes	(1) £5.00
	(2) £7.50
	(3) £9.75
Vegcakes V	(1) £4.50
	(2) £7.00
	(3) £9.25

Fish and chips

GF alternative available
Fresh Scottish haddock in our batter, served
with tartare sauce, salad & chips
£10.75/ £15.95

Moules marinière

GF alternative available
Served with our homemade bread
£9.50/£12.50

Hand-dived local scallops

Pan fried and served with black pudding and
cauliflower purée **£10.75/£19.75**

8oz Scottish aged sirloin steak **GF**

Cooked to your liking and served with chips,
oven-roasted cherry tomatoes
and small salad **£23.00**
Add pepper or blue cheese sauce + **£2.00**

Haggis, neeps and tatties

Traditionally made, with neeps, mashed
potatoes and a whisky sauce
£8.50/£12.50

Our bangers, mash & peas

Scottish venison sausages with mashed
potatoes, peas and onion gravy **£13.95**

Homemade burger and chips

VG GF alternatives available
Served with gherkin and our special coleslaw

Scottish Beef	£12.75
Vegetarian V	£10.50
Add blue or swiss cheese	+ £1.50
Add caramalised onions	+ £1.00

**Highland Venison casserole and
suet dumplings** With mashed potato
£13.95

Grilled goat's cheese with rosemary **GF V**

Served with Tomato salsa salad and toasted
pine nuts **£6.50/£9.95**

CHILDREN

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

Small margarita pizza **V**
from the wood-fired oven **£6.95**

Kids fish & chips
Fresh Scottish Haddock
served with chips and garden peas **£9.75**

Sausage, beans & chips **£6.95**

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

Joseph Perrier Cuvée Royale	Bottle £60.00	Half £40.00	Quarter £25.00
Prosecco Spumante Extra Dry (Italy)	Bottle £30.00	Quarter	
Prosecco Il Fresco, Villa Sandi Treviso (Italy)		£11.00	

WHITE

Colombard, Baron d'Arignac (France) 2017/18	Bottle £19.00	175mls £5.25	250mls £6.75
Sauvignon Blanc, Santa Helena (Chile) 2018/19	£22.00	£5.75	£7.50
Victoria park Chardonnay, Yalumba 2016/17	£25.00	£6.25	£8.50
Pinot Grigot, terra del Noce (Italy) 2017/18	£26.00	£6.50	£9.00
Picpoul de Pinet, Beauvignac (France) 2017/18	£30.00	£7.25	£10.25

ROSE

Syrah Rose, Baron d'Arignac (France) 2017/18	Bottle £19.00	175mls £5.25	250mls £6.75
Rose, Santa Helena (Chile) 2018/19	£22.00	£5.75	£7.50

RED

Cabernet Sauvignon, Baron d'Arignac (France) 17/18	Bottle £19.00	175mls £5.25	250mls £6.25
Merlot, Santa Helena (Chile) 2017/18	£22.00	£5.75	£7.50
Rioja, Monte Haro, Paternina (Spain) 2016/17	£24.00	£6.00	£8.50
Shiraz, Yalumba y Series (Australia) 2016/17	£30.00	£7.25	£10.25

If you have any food or other allergies, or would like to see our allergen list, please notify your server

V Vegetarian option

VG Vegan option

GF Gluten free option

PUDDINGS

See blackboard for today's other puddings

Crème brûlée **GF V** £6.75

Our sticky toffee & date pudding **V**
With vanilla ice cream £7.00

Milk chocolate tart **V**
With white chocolate sauce and
blood orange sorbet £7.25

Ice cream & Sorbet **V**
See blackboard for today's flavours
Per scoop £2.50

Selection of Scottish cheeses **V**
With oatcakes and homemade chutney £9.75

BEER

Draught Beer & Cider

Guinness	£4.40/£2.30
Tennent's Lager	£3.80/£2.00
Heverlee Belgian Lager	£4.00/£2.10
Tennent's Ember	£4.00/£2.10
Strongbow Cider	£3.85/£2.00

Draught Real Ale

Strathcarron Brewery Red Cow	£4.20/£2.20
Strathcarron Brewery Golden Cow	£4.20/£2.20

Bottled Beers & Cider

Strathcarron Brewery Black Cow	£4.75
Old Mout Cider Summer Berries	£4.75
Old Mout Cider Kiwi & Lime	£4.75
Old Mout Cider Passion Fruit & Apple	£4.75
Crabbies Alcoholic Ginger Beer	£4.75
Peroni	£3.40
Stella	£3.40
Corona	£3.40
Becks	£3.40
Becks Blue (Non-Alcoholic)	£3.40

SOFT DRINKS

Cans

Coke, Diet Coke, Irn Bru	£1.75
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Bottles

Fentimans Ginger Beer, Fentimans Victorian Lemonade, Appletiser, Sparkling Elderflower Presse, Orange & Passionfruit J2o	£3.00
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Highland Spring water

1lt Still or Sparkling	£3.50
330ml Still or Sparkling	£2.00



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