

*Failte, agus tha sinn an dochus  
gu chord am biadh ri ut*

*Welcome, and we hope that  
you enjoy your meal*

**Uplawmoor since 1992**

Our kitchen team are committed to using fresh local produce wherever possible and, as all dishes are homemade and cooked to order they may take a little longer at busier times.

**This menu shows our dishes that are and that have been made suitable for anyone wishing to avoid Gluten in their diet.**

**Should you wish to order chips, please note that they do share the fryer with glutinous items. WE WILL NOT BE HELD RESPONSIBLE FOR ANY ADVERSE REACTION IF YOU CHOOSE TO HAVE CHIPS**

When ordering, please make our team member aware that you wish the Gluten Free Option, to ensure any variations will be taking into consideration.

## **Starters**

**Prawn Cocktail** **£6.50**

classic marie rose sauce with brandy and tabasco & gluten free bread

**Chef's Chicken Liver Pate** **£6.50**

exceptional pate made from our secret recipe  
herb leaf salad, balsamic reduction & a plum chutney, with gluten free oatcakes

**Creamy Garlic Mushrooms (V)** **£5.95**

grilled with cheese, gluten free bread

**Pan Fried King Prawns with Lemon & Garlic Butter (V)** **£7.95**

herb leaves & gluten free bread

**Chilli Beef Nachos** **£5.95**

gluten free tortilla chips topped with minced beef chilli, cheese, jalapenos & sour cream

**Classic Mozzarella Bruschetta (V)** **£5.95**

tomato, garlic & basil in olive oil on gluten free garlic bread

## **Sides**

Regular Chips or New Potatoes	£2.50	Our Own Hand cut chips	£3.50
Cracked Black Pepper Sauce	£2.50	Sautéed Mushrooms	£2.50
House Side Salad	£3.50	Creamy Coleslaw	£2.50

**Up Where *U* Belong**

## Mains

<b>No Pie - Steak Pie</b>		<b>£11.95</b>
rich gravy, mashed and sautéed potatoes & seasonal vegetables		
<b>No Pie - Chicken &amp; Leek Pie</b>		<b>£11.95</b>
creamy white wine sauce, mashed and sautéed potatoes & seasonal vegetables		
<b>Chilli Beef</b>		<b>£9.95</b>
basmati rice topped with minced beef chilli, cheese, jalapenos & sour cream		
<b>Locally Reared Tulloch's Steak</b>	10oz Ribeye	<b>£20.95</b>
grilled vine tomatoes, portobello mushroom & hand cut chips	8oz Fillet	<b>£24.95</b>
<b>Gaelic Steak Uplawmoor</b>		<b>£25.95</b>
fillet steak flamed in whisky, onion & garlic jus, vine tomatoes, potatoes, fine green beans		
<b>Haddock &amp; Hand Cut Chips</b>		<b>£11.95</b>
plain grilled haddock, mushy peas, pickled onion & homemade tartar sauce		
<b>Cajun Chicken Breast Salad</b>		<b>£10.95</b>
mixed leaves, peppers, red onion, cucumber, warm potatoes, herb dressing		
<b>South Indian Vegetable Curry (Vegan)</b>		<b>£11.95</b>
chickpeas, sweet potato, cauliflower, spinach & rice		
<b>Beef Curry</b>		<b>£12.95</b>
fragrant rich Indian spices & steamed rice		
<b>Pan seared chicken breast</b>		<b>£12.95</b>
peppercorn sauce, mashed and sautéed potatoes & seasonal vegetables		
<b>The Omelette For You (V)</b>		<b>£9.95</b>
3 egg omelette with your choice of fillings mixed leaf salad & chips		
<b>Cajun Chicken Burger</b>		<b>£11.50</b>
cajun infused chicken breast presented in a gluten free bun topped with leaves and tomato with hand cut chips		

## Sweets

<b>Ask for our sweet list or see the black board for today's selection</b>	from	<b>£5.95</b>
<b>Italian Ice cream</b>	from	<b>£4.00</b>
<b>Selection of Fine Scottish Cheeses</b>		<b>£7.95</b>
gluten free oatcakes and Chefs homemade chutney		