

MORNINGS at the Med...

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

SMALL PLATES

As a starter...

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| 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...

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| 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

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| 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

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| 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...

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| 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

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| 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.