

In relation to the food we serve, we are committed to:

- Keeping the amount of fat to a minimum
- Keeping the amount of salt to a minimum
- Keeping the amount of sugar to a minimum
- Making fruit and vegetables clearly available
- Making starchy foods the main part of most meals
- Adopting a sales promotion and marketing strategy which supports healthier eating.



Dietary Information:

If you have any dietary requirements, please inform your server who will be more than happy to help.

[V] Suitable for Vegetarians

[GF] Gluten free

[N] May contain traces of nuts

 Healthyliving Award



*ASK YOUR SERVER ABOUT TODAY'S SPECIAL

the Vu

Grill Restaurant

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the Vu

Grill Restaurant

Menu Available
10am - 9pm Monday to Thursday
9am - 10pm Friday & Saturday
9am - 8pm Sunday



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Breakfast

Saturday & Sunday Only 10am - 5pm

- 🍏 **A bowl of fresh seasonal fruit salad [V][GF]** £3.25
- 🍏 **Muesli with creme fraiche and fresh fruits [V][N]** £3.25
- 🍏 **Hot steaming bowl of porridge laced with honey [V]** £3.25
- The Vu full Scottish breakfast [N]** £6.95
Poached egg, bacon, sausage, haggis, black pudding, grilled mushrooms and tomato and potato scone
- The Vu vegetarian breakfast [V][N]** £6.95
Poached egg, fruit pudding, vegetable haggis, sausage, grilled tomato and mushrooms and potato scone
- All breakfasts come with toast and preserves with a choice of fruit juices at the bar*

- Why not try the ultimate breakfast
The Vu Champagne Breakfast [N] £9.95
Includes: Full Scottish Breakfast, Toast and Preserves, Tea or Coffee and a Glass of Champagne

Starters

- 🍏 **Soup's of the day** served with wholemeal bread [V][N] £3.50
please ask the server what today's choices are
- 🍏 **Plump garlic king prawn skewers [GF]** £4.50
on a neat salad with mint and mango salsa
- 🍏 **Wild boar paté with fine Scottish oatcakes [N]** £3.95
- Sweet and sticky chicken skewers [GF][N]** £3.95
with a ginger dipping sauce
- 🍏 **Fine Scottish smoked salmon [GF][N]** £3.95
nestled on a bed of crisp leaves napped with a caper berry dressing
- 🍏 **Moroccan style salmon fish cakes [N]** £3.95
surrounded by a creamy curried dressing
- 🍏 **Beef tomato, buffalo mozzarella and basil salad [GF][V]** £3.25
drizzled with a balsamic reduction
- Apple and black pudding stack [N]** £4.50
served with caramelised onion finished with a malt jus
- 🍏 **A tower of haggis neeps and tatties [N]** £3.95
with a whisky jus (A vegetarian option is available)
- Roasted shallot and goat's cheese tart [GF][N]** £3.50
with a balsamic dressing
- 🍏 **Whole baked flat cap mushroom [V][N]** £3.95
stuffed with pine nuts and spinach

Main Courses

From The Grill

All our meat is selected from Scottish herds and is hung for 30 days to ensure that we provide you with the best flavour possible

- 🍏 **8oz rib eye steak [GF][N]** £14.95
- 🍏 **10 oz sirloin steak [GF][N]** £18.95
- 🍏 **8 oz prime fillet steak [GF][N]** £21.50
Choice of peppercorn or king prawn butter

- 8 oz prime Ballencrieff beef burger [N]** £9.95
Simply served with toasted bun, fresh salad garlic mayonnaise and hand-cut chips
- Venison sausage [N]** £8.95
masked with a rich jus and creamy mash
- 🍏 **Thai spiced coconut chicken curry** £12.95
with naan bread and fluffy rice
- 🍏 **Slow braised lamb shank** £14.95
drenched in a rich red wine jus and mashed potato
- Roasted loin of pork [N]** £12.95
on a bed of crispy noodles coated in a sweet and sour sauce
- 🍏 **Loin of venison coated in a orange and ginger jus** £17.95
- 🍏 **Ostrich steak [N]** £13.95
on pickled cabbage and apple scented by it own jus
- Soft poached smoked haddock [N]** £8.95
napped in a creamy cheese sauce topped by a poached egg nestling on fluffy mash
- 🍏 **Pan fried sea bass [GF][N]** £13.95
resting on green beans, cherry tomatoes, potatoes and black olives with a sun-dried tomato tapanade
- 🍏 **Roasted fillet of cod [GF][N]** £13.95
presented next to a rich tomato ratatouille
- 🍏 **Cajun spiced guinea fowl** £ 14.95
on a bed of wilted pak choi and boiled potatoes

Vegetarian Options

- Wild mushroom stroganoff [V][N]** £10.95
served with steamed rice
- 🍏 **Oven roasted stuffed pepper pot [V][N]** £10.95
masked in a creamy saffron sauce
- 🍏 **Spicy penne picante pasta tubes [V][N]** £11.95
coated in a spicy tomato fondue topped with black olives and grilled goats cheese

* Please note that some fish dishes may contain bones.

Desserts

- Homemade rustic apple pie and ice cream [V][N]** £3.95
- The famous sticky toffee pudding [V][N]** £4.85
drenched in a rich fudge sauce topped by fresh vanilla ice cream
- A classic ginger, lime coconut cheese cake [V][N]** £3.95
masked with fruits of the forest compot
- 🍏 **Rich vanilla bean rice pudding [V]** £3.95
with apple and cinnamon compote
- Selection of fine Scottish cheeses [V]** £7.95
crackers, celery and estate made chutney
- A rich chocolate brownie [V][N]** £3.95
drenched in a white chocolate sauce and toffee ice cream
- Try our trio of desserts platter [V][N]** £8.95
- A refreshing selection of ice creams [V][GF]** £3.95
Strawberry, chocolate and vanilla
- 🍏 **A bowl of fresh seasonal fruits [V][GF]** £3.20
- 🍏 **Soft poached pear [N]** £3.95
with chocolate tuille and vanilla ice-cream
- The Vu cranachan crisp meringue [N]** £3.95
with soft fruits and toasted oatmeal & whisky cream and shortbread

Morning & Afternoon Selection

Served from 7-5 pm only

- Cream scone [V]** £2.95
With whipped cream and preserves
- 🍏 **Carrot cake [V][N]** £2.95
With creamy frosting
- 🍏 **We now sell a selection of fruit [V][GF]** £1.00

Sandwiches

Served from 12 - 5pm only

- Club sandwich [N]** £5.50
toasted bread, chicken and bacon all bound in a garlic mayonnaise steak ciabatta
- Steak ciabatta [N]** £5.50
seared steak, caramelised onions and mixed leaves
- Crayfish & wild rocket wrap** £4.95
all bound in a creamy garlic mayonnaise