

Menu Du Jour

2 Courses £14.95

Weekdays ~12pm to 6pm
Saturdays ~12pm to 4pm

ATLANTIC

— BAR AND BRASSERIE —

Sunday Lunch

2 Courses | 3 Courses
£16.95 | £19.95

Sundays ~12pm to 6pm

Entrees

LA SOUPE (V) du jour Freshly made soup of the day served with crusty bread	£4.95	LES CREVETTES sur glace pilée Five large tail-on prawns served on ice with a tomato and horseradish sauce and lemon	£8.95	LE PATE de foie de volaille Chicken liver parfait with spiced apple chutney and toasted brioche	£6.95
LA SOUPE A L'OIGNON gratinée au Gruyère Traditional French onion soup topped with a Gruyère cheese crouton	£6.95	LES HUITRES avec mignonette Fresh Cumbrae oysters, choose 3 or 6 served on ice with Mignonette and lemon	£7.50/ £15.00	LA SALADE DE FROMAGE (V) au chèvre Crumbled goats' cheese, baby salad leaves, roasted baby beetroot, pomegranate, candied walnuts, croutons, endive and citrus vinaigrette	£6.95
NOS CHARCUTERIES L'assiette de Jambon Thinly sliced Bayonne ham, Corsican coppa, saucisson sec "rosette", and cornichons, served with sour dough bread	£10.95	LES ESCARGOTS au beurre d'ail Half a dozen snails prepared "Burgundy style" with garlic butter, parsley, a touch of white wine and served with pain compagne	£7.95	LES CHAMPIGNONS (V) sauvages en cassolette Baked wild mushroom fricassée with roasted cashew nuts and soft egg, garlic and crème fraîche, served with toasted brioche	£6.95
LES MOULES MARINIÈRES des Îles Shetland Steamed Shetland mussels with shallots, white wine, garlic, parsley and cream. As a starter with rustic garlic bread, as a main with French fries	£6.95	LES NOIX DE SAINT JACQUES d'Ecosse Gently seared Scottish scallops, bramley apple sauce, black pudding and sauce vierge	£10.95	L'ARTICHAUT (V) grillé A half chargrilled globe artichoke served with a warm Pommery mustard vinaigrette	£5.95

Rotisserie

La Spécialité De La Maison All our specially prepared and marinated chickens are cooked on a Churasco charcoal fired rotisserie for that extra special flavour. Served with your choice of sauce, choose from smoked hickory, jus de rôti or Béarnaise

LE POULET ENTIER Whole chicken, marinated Provençal style, roasted on the spit	£19.95	LE DEMI POULET Half chicken, marinated Provençal style, roasted on the spit	£10.95
--	--------	---	--------

Why not share any 3 sides for £8.95 to accompany your meal

Poissons

LA BOUILLABAISSÉ de poisson Classic fish stew packed with flavours of the sea, cooked in a tomato and saffron broth with Pernod, potato dumplings, garlic bread and aioli	£17.95
L'ESPADON avec fricassée de haricots Grilled swordfish steak, fricassée of white and broad beans, creamy mashed potato and a sage butter sauce	£15.95
LA LIMANDE SOLE entière de petit bateau Whole baked lemon sole Meunière with an Almondine brown butter with French fries	£21.95
LES MOULES MARINIÈRES des Îles Shetland Steamed Shetland mussels with shallots, white wine, garlic, parsley and cream. Served with French fries	£12.95

Viandes

LE BOEUF BOURGUIGNON Estouffade de boeuf Slow braised beef casserole with Burgundy red wine, smoked pancetta, sautéed pearl onions and button mushrooms topped with turned courgette, carrot and swede and served with creamy mash	£16.95
LA SALADE COMPOSEE de poulet Our Provençal rotisserie chicken served on a bed of baby salad leaves, roasted baby beetroot, pomegranate, candied walnuts, croutons, endive and citrus vinaigrette	£16.95
LE CANARD BARBARIE avec sauce à l'orange Sautéed Barbary duck breast, carved and served on crushed sweet potato with coriander, braised red cabbage and a classic orange sauce	£17.95
LA POITRINE DE PORC fumée rotie Slow cooked pork belly rolled with a chorizo, raisin and herb stuffing, served with a wild heather honey and apple sauce	£16.95
L'AGNEAU rumsteck rôti à la fleur de thym Roasted thyme rump of Perthshire lamb, Dauphinoise potatoes, served with a smoked pancetta, Toulouse sausage and bean cassoulet	£19.95

Vegetarien

LES GNOCCHIS (V) à la betterave et fromage Sautéed beetroot and goats' cheese stuffed gnocchi with broad beans and spinach in a rich tomato sauce topped with a rocket and red onion salad	£13.95
LA TARTIFLETTE au Reblochon Reblochon de Haute-Savoie cheese with layers of Ratte potatoes, garlic, sautéed onions, crème fraîche, golden baked	£13.95
L'ORGE PERLEE (V) printanier A ragoût of pearl barley cooked with white wine, shallots, garlic, butternut squash, spinach and sun-blushed tomato finished off with a drizzle of mint oil and topped with crispy leeks	£12.95
LA SALADE DE FROMAGE (V) au chèvre Crumbled goats' cheese, baby salad leaves, roasted baby beetroot, pomegranate, candied walnuts, croutons, endive and citrus vinaigrette	£12.95

Le Grill

All beef dishes are served with garlic field mushroom, roasted cherry-vine tomatoes and French fries

LA COTE DE BOEUF 675g Prime Scottish Ribeye on the bone, served between 2 persons with your choice of sauce.	£59.95	ADD A TOPPING Pan-fried crevettes with garlic butter	£5.95
L'ENTRECOTE 270g Prime Scottish Ribeye	£23.95	Pan-fried king scallops with lemon butter	£7.95
LE FILET 230g Prime Scottish Fillet	£27.95	Rossini. Large crouton, wilted spinach and pate de foie gras	£9.95
		STEAK SAUCES Café de Paris, sauce au poivre vert, jus de rôti, Béarnaise	£2.00

Legumes

FRENCH FRIES	£3.45	Great for sharing, choose any 3 sides for £8.95 to accompany your meal	BUTTERED BABY SPINACH	£3.25	
POTATOES ROASTED IN GOOSE FAT	£3.95		HONEY ROASTED VEGETABLES	£3.45	
NEW POTATOES IN PARSLEY AND GARLIC BUTTER	£3.45		BABY ROCKET SALAD WITH GRANA PADANO	£3.95	
CREAMY MASHED POTATO	£3.45	BASKET OF FRENCH BREAD	£2.95	SALADE MAISON	£3.75
MARINATED FRENCH OLIVES	£3.25	PETITS POIS A LA FRANCAIS	£3.25	Baby salad leaves, salt roasted baby beetroot, pomegranate, candied walnuts with a citrus vinaigrette	
		Sautéed peas, gem lettuce & smoked pancetta			