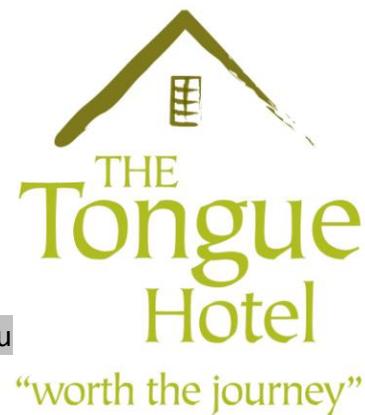


Welcome to the Tongue Hotel
A hearty taste of the Highlands.....



First page shows our daily changing Specials - usually showcasing our amazing local fish and seafood. Following pages show our main Summer Menu

In addition to the menu chef is happy to offer the following;

Starters

Soup of the day: £5.50
 Curried parsnip

Pan fried King prawns £10.50
 Garlic bread, ginger, chilli, coriander, lemon

Tian of heritage tomatoes £7.50
 Buffalo mozzarella, fresh basil served with pesto dressing and peashoots

Starters/Mains

North coast langoustines (GF/DF avail) Starter £11.50
 Garlic butter and leaves (chips with mains course) Main £24.50

Shetland Moules Mariniere Starter £9.00
 White wine cream, crusty bread (chips with mains course) Main £18.50

Desserts

Bakewell tart £6.50
 Milk chocolate mousse, fresh berries

Lemon posset £6.50
 Prosecco macerated berries, shortbread

Sticky date pudding £6.50
 Butterscotch sauce, vanilla ice cream

Selection of ice-creams and sorbet £5.95
 Homemade shortbread
 Choose 3 scoops....

Ice Creams: Vanilla, white chocolate, milk chocolate, strawberry, Espresso, pecan (contains nuts)

Sorbets: Strawberry sorbet, sour raspberry sorbet

Highland cheese selection (GF avail) £8.50
 Tain truckle, Ullapool smoked, Morangie brie, Blue murder
 Tongue Hotel homemade oatcakes, fruit and homemade chutney

Please make allergies known! Note our salad dressing contains mustard seeds

**PLEASE NOTE THERE IS A £35 ALLOWANCE FOR DINNER
 ON THE DBB TARIFF THEREFORE SUPPLEMENTS MAY APPLY**

Locally Sourced - Produced with Pride



Welcome to the Tongue Hotel
A hearty taste of the Highlands.....

Welcome! We are pleased to source our produce locally and proud to make all our dishes in house. We serve good food but not necessarily fast food so please be patient! Sit back, relax, order a glass of prosecco, try a local craft beer, discover a homegrown gin or check out our single malt listing; we are most happy to have you here.....

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Starters

Homemade soup Served with crusty bread (V) (GF/DF avail)	£5.50
Perthshire ox cheek, confit carrot and hazelnut terrine (contains nuts) Remoulade, homemade tomato chutney and oatcakes	£8.50
Chorizo chicken and mushrooms bruschetta (DF avail) (GF avail - no chorizo) Cherry tomatoes, black olives, red onion and basil salsa	£9.50
North Coast Trio (GF avail) (DF avail - no pate) Hot and cold smoked salmon, smoked mackerel pâté, cherry tomato with lemon and garlic dressing	£9.50
Salt baked beetroot hummus (V/Ve/DF) (GF avail) Roasted vegetables, pine nuts, sesame seeds and sourdough	£7.50
Quinoa and avocado salad (GF/DF/V/Ve) Tomato, red onion, coriander, Dijon mustard and garlic dressing (Available as mains £13.95)	£7.00
Pan fried Shetland scallops Pea puree, black pudding, parma ham crumble, herb oil	£11.50

Main Courses

Pan fried fillet of north coast salmon (GF) (DF avail) Butternut squash fondant, purple and green broccoli, green beans, gremolata	£18.50
10oz Black Isle sirloin steak (GF) (DF avail) Roasted vine tomatoes, balsamic red onions and garlic portobello mushrooms, Pepper sauce and hand cut chips	£24.50
Pan fried duck breast (GF) Dauphinoise potato, carrot and ginger puree, pickled heritage carrots and raspberry jus	£18.50
Scottish chicken supreme Chive mash, Stornoway black pudding and haggis bon bon, asparagus, whisky sauce	£18.50

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Summer Menu

Maple glazed pressed Perthshire pork belly (GF) (DF avail) Butternut squash and thyme risotto, parmesan shavings and pan jus	£18.50
Fillet of north coast sea bream (GF) (DF avail) Crushed new potatoes, kohlrabi, cauliflower puree and kale	£18.50
Italian style aubergine, olive and caper stew (GF/DF/V/Ve) Cous cous, toasted almonds	£15.50
Traditional Fish supper (DF) (GF avail) Beer battered north coast haddock, chips, salad garnish, homemade tartare sauce (Bread crumb and GF breadcrumb also available)	£13.50
Spinach and ricotta cannelloni (V) Tomato and basil sauce, rocket pesto, micro herbs	£15.50
Tongue Hotel burgers Brioche bun, tomato, baby gem, chilli relish and chips Choose from: Vegetable and quinoa burger with beetroot and fried egg (GF/DF avail) Ground Highland beef burger with bacon (GF/DF avail) Add cheese £1.00 Campbeltown cheddar, Ullapool smoked, Morangie brie, Blue murder	£14.50
Tongue Hotel sliders Chicken Tikka slider (GF avail) Homemade onion bhaji, mango chutney, baby gem, tomato	£15.50
BBQ style pulled pork, homemade slaw and Campbeltown cheddar slider (GF avail) Hand cut chips, salad	£15.50
Sides House salad (Ve, V, GF, DF) Chips (Ve, V, GF, DF) Garlic bread (Ve, V, GF) Onion rings (Ve, V, DF) Chive mash (V, GF)	£3.95 £3.95 £3.95
Children's Dishes Vegetable and fruit crudité available for the <i>tiny tots!</i>	£3.50
<i>For the wee ones (A small portion suitable for under 10's) 2 courses</i> North coast haddock goujons, chips and baked beans (GF/DF avail) Pasta Bolognese, garlic bread (DF and GF avail - takes time!) Scottish chicken breast, sautéed new potatoes, roast vegetables, gravy (GF/DF avail) Garlic bread pizza with tomato and cheese, salad (GF avail) Roast vegetable risotto (V/GF) Plus Free vanilla or chocolate ice cream cone with sprinkles!	£6.95



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Teas and Highland Roast Coffee from the Inverness Coffee Roasting Company

Espresso

Intense coffee taste with Golden brown and aromatic crema £2.20

Americano

Double espresso dispensed through hot water for a longer, smoother drink £2.50

Flat White

Two shots of espresso with microfoam milk £2.80

Cappuccino

Single shot espresso with steamed and foamed milk, dusted with cocoa £2.50

Babyccino

Steamed and foamed milk with dusting of chocolate £2.00

Café Latte

Double espresso, with warm steamed milk £2.50

Honey Café Latte

Honey with steamed milk, espresso, foam and cinnamon £2.80

Café Mocha

Espresso and dark chocolate with steamed milk and microfoam £3.00

Hot Chocolate

Bittersweet cocoa with steamed milk £2.80

Pot of Tea

Our special full flavoured blend £2.20

Specialty Tea

Earl grey, Darjeeling, Green, Pure Ceylon, £2.20

Herbal Teas and Fruit Infusions

Peppermint, Camomile, Blackcurrant, Mango or Lemon £2.20

Liqueur Coffee £5.25

Choose from below – or suggest your own!

Highland Coffee	Scottish Blended whisky
Lairds/Scottish Mist	Scottish Malt Whisky
Jacobean	Drambuie Liqueur
Irish Cream/Cream Delight	Bailey's Cream Liqueur
Caribbean	Tia Maria Liqueur
Café Royale	Courvoisier Cognac Brandy
After Eight	Crème de Menthe
Jamaican	Dark Rum

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