

# ★ FRANKIE & LOLA'S ★

## ♥ BREAKFAST

» Served daily until 1130 «

### ♥ BLOOMER TOAST ... £2.35

Two slices served with either butter/jam or Bonne Maman honey

## ♥ FILLED MORNING ROLLS

★★★ Choose your filling ★★★

### ♥ BACON ... £2.95

### ♥ BLACKPUDDING ... £2.95

Award winning Stornaway Black pudding

### LOCAL ♥ PORK LINK SAUSAGE ... £2.95

local pork from Munro's of Dingwall - (Df)

### ♥ <sup>vegie</sup> FREE RANGE EGG ... £2.85

### VEGAN ♥ VEGAN SAUSAGE ... £3.35

(Df)

Extra filling £1 \*Gluten free roll\* add on 70p

## Made Here ♥ HOME MADE BELGIAN WAFFLES

» Delicious home made waffles «

### ♥ LARGE WAFFLE SERVED WITH A DUSTING OF ICING SUGAR ... £2.75

\* Add maple syrup £3.50

Add melted Belgian chocolate £3.75

Add Extra waffle £1.50 \*

## ♥ LUNCH

» Served daily from 1115 «

### HOMEMADE SOUP OF THE DAY ... £3.95

Served with roll & butter

## TOASTED CIABATTAS - BLOOMER SANDWICHES - WRAPS

.....  
All served with house-dressed salad garnish, home made coleslaw & hand cooked crisps  
.....

» Choose from «

### RUSTIC CIABATTA \* BLOOMER BREAD \* FLOURED WRAP \* GLUTEN FREE WRAP \*

### ♥ PIRI PIRI CHICKEN & SCOTTISH CHEDDAR ... £6.45

(Df) Omit cheddar

### ♥ SCOTTISH CHEDDAR & HONEY ROAST HAM ... £5.85

GF if served with GF wrap

### ♥ BACON, BRIE & SHAW'S SWEET CHILLI JAM ... £6.45

GF if served with GF wrap

### ♥ <sup>vegie</sup> BRIE & SHAW'S SWEET CHILLI JAM ... £5.95

GF if served with GF wrap

### ♥ <sup>vegie</sup> TUNA MELT ... £6.45

Tuna with melted cheese . (ciabatta & wrap only) GF if served with GF wrap

### <sup>vegie</sup> MOZZARELLA, TOMATO AND GREEN PESTO ... £5.95

GF if served with GF wrap

### ♥ SWEET CHILLI CHICKEN WITH GRATED CHEESE ... £6.45

GF if served with GF wrap

\* (Df) - omit cheddar \*

### ♥ BLACKPUDDING, GRATED CHEESE & MANGO CHUTNEY ... £6.45

Award winning Stornaway black pudding

\* Wraps/ciabattas only. (Df) omit cheddar \*

### VEGAN HOME ROASTED VEGETABLES WITH HUMMUS ... £5.95

\* GF if served with GF wrap (Df) \*

Gluten Free wrap 50p extra

Last orders 5pm <sup>vegie</sup> Vegetarian <sup>VEGAN</sup> Vegan GF Gluten free <sup>Df</sup> Dairy Free

## ♥ MAIN MEALS

### LOCAL SPAGHETTI BOLOGNESE ... £7.95

Homemade spaghetti bolognese served with garlic bread.

\* GF pasta available (45p extra) - please request when ordering\*

### GF CHILLI CON CARNE ... £7.95

Home made, served with rice with sour cream, tortilla chips & salad

\*(Df - omit sour cream) \*

### VEGAN GF VEGETARIAN CHILLI ... £7.75

Served with rice, sour cream, tortilla chips and a salad garnish

\* Omit sour cream for vegan & (Df) option \* \*

### VEGAN LOCAL MACARONI CHEESE ... £7.50

Made with Scottish cheddar and served with home made garlic bread and salad



## BURGERS - NACHOS - HOT DOGS - FRIES

### 100% ABERDEEN ANGUS BURGER ... £8.45

Served in a brioche bun with mixed leaves, skinny fries & a side of home made coleslaw

☙ \* Add onion rings £1 Add bacon £1 Add Monterey Jack cheddar 60p \*

### VEGAN CHICKEN STYLE VEGAN BURGER ... £7.45

Served on a gluten free bun, with skinny fries and a bowl of salad

### VEGAN GF FRANKIE & LOLA'S NACHOS ... £5.25

Large bowl of tortilla chips, salsa, jalapeños, grated cheese & sour cream

### ♥ CHILLI NACHOS ... £6.45

Large bowl of tortilla chips, salsa, cheese, sour cream, jalapeños & homemade chilli.

### VEGAN ♥ VEGETARIAN CHILLI NACHOS ... £6.25

Large bowl of tortilla chips, salsa, cheese, sour cream, jalapeños & served with vegetarian chilli

### ☙ LARGE HOT DOG & FRIES ... £5.65

Containing 90% pork, served in a brioche bun with skinny fries, fried onions and a side of American mustard

Add Chilli or Vegetarian Chilli £1.25

### ♥ VEGAN VEGAN HOT DOG & ROLL WITH SKINNY FRIES ... £5.45

## FRIES

### GF ☙ LARGE BOWL OF OUR EVER POPULAR SKINNY FRIES ... £3.45

## BAKED POTATOES

All homebaked & served with house dressed salad garnish & homemade coleslaw

### VEGAN GF CHEDDAR & RED ONION ... £5.65

### VEGAN GF BAKED BEANS ... £4.95

using low sugar/low sodium beans. (Df)

### GF TUNA MAYONNAISE ... £6.45

(Df)

### ♥ PIRI PIRI CHICKEN ... £6.45

Home made Piri Piri Chicken with grated Scottish cheddar

\*(Df omit cheddar) \*

### GF SWEET CHILLI CHICKEN ... £6.45

Home made sweet chilli chicken with grated Scottish cheddar

\*(Df - omit cheddar) \*

### ☙ GF CHILLI CON CARNE ... £6.45

### VEGAN GF VEGETARIAN CHILLI ... £6.25

Omit coleslaw for vegan option. (Df)

Add an extra topping for £1

## ♥ LIGHTER BITES

### \* PIRI PIRI CHICKEN SALAD ... £7.95

Chicken served on a bed of mixed leaves, cherry tomatoes, red onion, carrot ribbons, piri piri mayo, Scottish grated cheddar on the side and a rustic bread roll. (Df omit cheddar)

### \* SWEET CHILLI CHICKEN SALAD ... £7.95

Chicken served on a bed of mixed leaves, cherry tomatoes, red onion, sweet chilli mayo, Scottish grated cheddar on the side, served with a rustic bread roll

\* GF - Omit the bread (Df) omit cheddar \*

### VEGAN GF HOME ROASTED VEGETABLE SALAD ... £7.75

Home roasted seasonal vegetables served with mixed leaves, cherry tomatoes, red onions, carrot ribbons, mozzarella, hummus, served with a rustic bread roll.

\* Omit feta for vegan & Df option \* GF - omit the bread \*

Last orders 5pm Vegetarian Vegan GF Gluten free Df Dairy Free

# ♥ MENU FOR OUR LITTLE PEOPLE

## ♥ BREAKFAST

### LOCAL ♥ TOAST ... £1.45

Enjoy a slice of bloomer bread toasted

\* Served with a choice of butter, jam or Bonne Maman honey. \*

## ♥ LUNCH

### <sup>For Kids</sup> HOME MADE SOUP OF THE DAY ... £2.60

Served with a slice of bloomer bread

### ♥ <sup>For Kids</sup> PEPPA'S PAIL ... £4.95

Includes a wrap (Scottish cheddar, ham or jam), a frube, cheddar cheese portion, raisins, a milky way and a fruit juice (school approved - low sugar)

\*\* Pale also includes a colouring sheet & crayons \*\*

### ♥ <sup>For Kids</sup> SPAGHETTI BOLOGNESE ... £4.75

\* Homemade and served with garlic bread \*

### <sup>For Kids</sup> MACARONI CHEESE ... £4.50

Homemade and served with garlic bread\*

### ♥ <sup>For Kids</sup> SAUSAGE, BEANS & FRIES ... £4.75

meat sourced locally from Munro's & served with low sugar/low sodium beans and skinny fries

### ♥ <sup>For Kids</sup> HOME MADE CHICKEN GOUJONS ... £4.75

Home made chicken goujons, served with beans (low sugar/sodium) and skinny fries

## ♥ SANDWICHES

### ♥ <sup>KIDS</sup> A ROUND OF SANDWICHES CUT INTO SQUARES FOR LITTLE HANDS

☺ All sandwiches come with slices of cucumber, carrot and hand baked crisps

JAM £2.55 \* HAM £2.75 \* CHEESE £2.75 \* TUNA £2.95

extra topping 60p

## BAKED POTATOES

🍷 All homebaked on the premises 🍷

### <sup>Vegan</sup> GF WITH GRATED SCOTTISH CHEDDAR ... £4.45

Served with carrot batons and cucumber

### <sup>Vegan</sup> GF WITH BEANS ... £4.45

Made with low sodium/low sugar beans. Served with carrot batons and cucumber

\* (Df) \*

### <sup>GF</sup> WITH TUNA ... £4.95

(Df) Served with carrot batons and cucumber

\* add any extra topping for 70p \*

## HOT DOG & FRIES

### ♥ <sup>For Kids</sup> HOT DOG IN A BUN ... £4.45

Our hot dogs are 90% pork. Comes served in a bun with skinny fries

### <sup>GF</sup> <sup>For Kids</sup> BOWL OF FRIES ... £1.75

(Df)

### ♥ AWARD WINNING YARDE ICE CREAM

Our luxury artisan ice cream is made with lashings of fresh double cream or clotted cream and has real Italian gelato inclusions. A perfect treat! Sorbet available too. Order at the till

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