

time for a spot of lunch!

mountain cafe
aviemore



lunch menu 11:30am - close



Soup ●●●●●	£5.90	Haloumi Flatbread ●●●●●	£13.95
served with our bread or savoury scone of the day gluten/wheat free supplement £0.50		harissa marinated haloumi, basil & sun-kissed tomato hummus, wild rice, charred corn, toasted almond & spinach salad with rocket. Served with seasoned fries, beetroot mint & seed slaw gluten/wheat free supplement £0.50	
Smoked Haddock & Coley Chowder ●●●●●	£7.50	Beef Burger ●●●●●	£14.50
creamy thick chowder topped with fennel, dill & lemon salsa. Served with natural yogurt & our bread or savoury scone of the day gluten/wheat free supplement £0.50		with mustard mayo, lettuce, beef tomato, montrey jack cheese, gherkins, sweet & sour red onions. Served with seasoned fries, beetroot, mint & seed slaw "Our burgers often look a little pink in the middle, this is because we do not use processed beef & the beef we do use is freshly ground steak, straight from the local butcher." gluten/wheat free supplement £0.50	
Pieces ●●●●●	£7.50	Sweetcorn Fritters ●●●●●	£13.50
sandwiches made with local baker Harry Gow's malted bread • honey roasted ham, Isle of Mull cheddar, lettuce, apricot, orange & ginger chutney with mayo • falafel, basil & sun-kissed tomato hummus, tabbouleh, pickled red onion & rocket (can't be ●●●●●) • BBQ pulled chicken, pineapple chutney, coriander & rocket with mayo • brie, lettuce, spiced plum & apple chutney with mayo gluten/wheat free supplement £0.50		NZ style sweetcorn, spring onion, peppers, coriander, mint & chilli fritter stack, layered with sour cream & streaky bacon topped with avocado smash. Served with a side of chipotle dipping sauce	
All-Day Breakfast ●●●●●	£11.50	Beans on Toast ●●●●●	£9.95
beef sausages, black pudding, bacon, plum tomato, field mushroom, beans, hash brown & fried free range egg served with toast, coffee, tea or juice gluten/wheat free supplement £1.00		homemade spiced tomato treacle & apple baked beans on our bread of the day toasted with rosemary olive oil, smoked cheddar served with apple & rocket salad gluten/wheat free supplement £0.50	
Veggie Breakfast ●●●●●	£11.50	Veggie Salad ●●●●●	£12.90
veggie sausage, potato courgette & chive rostitis, plum tomatoes, field mushroom, spicy haloumi, spinach & fried free range egg served with toast, coffee, tea or juice gluten/wheat free supplement £0.50		maple roasted parsnip, celeriac, butternut squash, beetroot, sweet potato, crisp granny smith apple, sage, dukkah spiced hazlenuts, pistachios with a cider & apple dressing. Served with a chunk of homemade bread gluten/wheat free supplement £0.50	
Steak Flatbread ●●●●●	£13.95	Black Pudding & Chorizo Salad ●●●●●	£12.90
Aviemore butchers minute steak with emmental, chimichurri salsa, roasted red pepper mayo, beef tomato & rocket. Served with seasoned fries, beetroot mint & seed slaw gluten/wheat free supplement £0.50		black pudding, rosemary, red onion & chorizo roasted baby potatoes, baby leaf spinach, rocket, green beans, roasted red peppers, sun-kissed tomatoes, soft boiled egg with a spiced red pepper dressing. Served with a chunk of homemade bread	

It is really important to us that you feel welcome and we will do all we can to provide you with a happy & healthy eating experience. If you have any **DIETARY REQUIREMENTS**, please let your server know so we can adapt your meal to suit your specific needs.

The coding below shows which of our dishes can be adapted
ON REQUEST ONLY

● V vegetarian ● VG vegan ● DF dairy free ● WF wheat free ● GF gluten free

Kia ora & welcome!



We opened our doors in 2004 and have managed to establish ourselves as a bit of an institution in Aviemore with a reputation for fantastic food, a friendly and relaxed atmosphere and an amazing view of the Cairngorm Mountains. Being a Kiwi I craved the cafe culture from back home with its laid back approach to offering great coffee, fresh food and friendly service.

In short, I wanted my own wee piece of NZ in Scotland so I dived in and created the Mountain Cafe!

Ingredients are locally sourced wherever possible, fresh and of the highest quality. The food is healthy and wholesome and caters to a range of needs as well as hopefully being totally delicious.

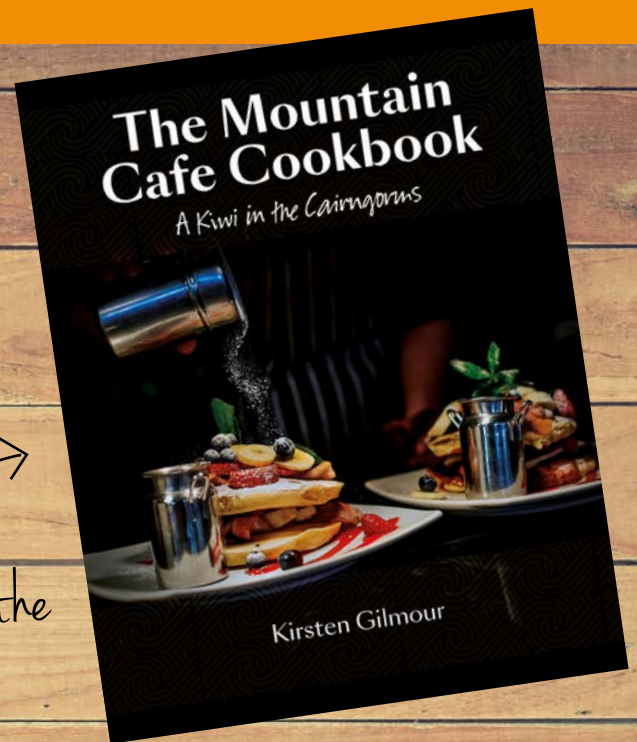
Kirsten Gilmour Owner & Head Chef

Our Cookbook!

Containing over 130 recipes covering a wide range of our food over the years The Mountain Cafe Cookbook hit the shelves February 2017.

The book is a culmination of the cafe's achievements to date as well as a wee celebration of our history, our food and all the amazing people that have worked here to contribute to our successes over the years.

You can flick through a sample at the till, buy a signed copy today or order on our website for postage world-wide.



Get your copy at the till today!



Know where your tucker comes from

We buy & use top notch foods from around our area & Scotland. This is something we are super proud of.

We feel it is essential to offer you lovely folks top quality awesome food, prepared here in our wee kitchen by our passionate chefs!

Meat Grants of Speyside, Granttown on Spey & Mackinnons of Speyside, Aviemore

Fish Pro Fish, Aviemore

Dairy Grahams Dairy, Nairn

Eggs Allaburn Dairy, Nairn

Fruit & Veg James Kippen, Glasgow

Drystore Braehead Foods & Highland Wholefoods

Bread & Rolls Harry Gow, Inverness



Keep in touch with us:
www.mountaincafe-aviemore.co.uk