

The
**MUSTARD
SEED**

LUNCH MENU

July 2026 12pm-3pm

2 Courses £18.95

To Start

Soup of the Day (GF, DF, V)

Halloumi Fries served with Asian Slaw & Sweet Chilli Sauce

Hot Honey Chicken Wings served with Crispy Salad & Ranch Dressing (GF, DFO)

Smoked Salmon Nicoise with Olives, Baby Potatoes & Honey Mustard Dressing (GF, DFO)

Beetroot & Sweetcorn Tartar served with Dressed Crispy Salad & a Herb Oil (GF, V)

To Follow

Munros of Inverness Rump Steak (£3.95 Supplement)
served with Black Pudding "Dirty" Baby Potatoes,
Roasted Root Vegetables & Green Peppercorn Sauce (GFO, DFO)

Sea Stocks Pan Fried Seabass Fillet served with Buttered New Potatoes,
Blanched Green Vegetables & Salsa Verde (GF, DFO)

Roasted Chicken Breast served with Wholegrain Mustard Mashed Potato,
Roasted Root Vegetables & Whisky Cream Sauce (GFO, DFO)

North Sea Cod Loin served with Herby Polenta Cake,
Green Vegetables & Citrus Hollandaise Sauce (GF, DFO)

Tagliatelle Bound in a Chilli & Ginger Sauce with Cherry Tomatoes and Wilted Spinach (V)

Sides

Seasonal Selection of Vegetables (GF) (DF) £2.95

French Fries £3.75 (Add Parmesan & Truffle £1.00)

Mustard Seed House Salad (GF) (DF) £3.00 Starter portion available £5.50

Garlic Flatbread £3.15 (Add cheese £0.95)

At the Mustard Seed Restaurant we take food allergies and dietary requirements seriously. While every effort is made to accommodate specific needs, we cannot guarantee that any dish is completely free from allergies, as all food is prepared in a kitchen where allergens are present.

If you have a food allergy or intolerance, please inform a member of our team before placing your order, and we will do our best to guide you appropriately.

Wifi Password : Letmein123

DFO Dairy Free Option GF Gluten Free GFO Gluten Free Option V Vegetarian VE Vegan O Organic