

The
**MUSTARD
SEED**

LUNCH MENU

August 2026 12pm–3pm

2 Courses £18.95

To Start

Soup of the Day (GF, DF, V)

Hoisin Duck Gyozas (DF) Crispy duck gyozas served with a vibrant Asian slaw and finished with a rich hoisin glaze.

Watermelon & Feta Salad (GF, DFO, V) Refreshing watermelon, creamy feta, cherry tomatoes and crisp cucumber, served with a light honey mustard dressing.

Smoked Mackerel Pâté (GFO) Creamy smoked mackerel pâté served with a crisp seasonal salad and garlic & herb crostini.

Caprese Bruschetta Toasted bruschetta topped with ripe tomatoes, creamy mozzarella, fragrant herb oil and balsamic glaze.

To Follow

Munros of Inverness Rump Steak (£3.95 supplement) (GF, DFO)
Locally sourced rump steak from Munros of Inverness, served with creamy mashed potato, roasted seasonal vegetables and a rich green peppercorn sauce.

Roasted Chicken Breast (GF, DFO) Pan-roasted chicken breast served with roasted baby potatoes, seasonal vegetables and a creamy tarragon sauce.

Fillet of Seabass (GFO, DFO) Pan-fried fillet of seabass served with dill butter baby potatoes, steamed seasonal greens and harissa hollandaise.

North Sea Cod Loin (GF, DF) Pan-roasted North Sea cod loin served with a mixed vegetable ragout, finished with fragrant herb oil.

Potato Gnocchi (DF) Soft potato gnocchi in a rich tomato and basil sauce with cherry tomatoes and wilted spinach.

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