

The
**MUSTARD
SEED**

LUNCH MENU

October 2026 12pm-3pm

2 Courses £18.95

To Start

Soup of the Day (GF, DF)

Tikka masala marinated chicken tenders, crispy dressed salad and herb oil (GF)

Thai style cod and prawn fishcakes, crunchy Asian slaw finished with sweet chilli sauce

Buffalo cauliflower wings, crispy dressed salad and cool ranch aioli (DFO)

Belgian chicory and green apple salad, sweet cherry tomatoes, honey and mustard dressing (DFO)

To Follow

Munros of Inverness rump steak, creamy spring onion mashed potato, roasted carrots, tenderstem broccoli and green peppercorn sauce (GF, DFO) **£3.95 supplement**

Pan roasted breast of chicken, black pudding crushed baby potatoes, steamed seasonal greens, wholegrain mustard sauce (GFO, DFO)

Scottish fillet of seabass with pomegranate and herb cous-cous finished with herb oil (GFO, DFO)

Sea stocks fillet of Scottish haddock, dill baby potatoes, seasonal greens, crispy kale with a white wine and garlic sauce (GF, DFO)

Potato Gnocchi, cherry tomatoes, wilted spinach in a sesame, chilli and ginger sauce (V)

Sides

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

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