

# FENNEL

RESTAURANT

“Our Chef Meek Michal Flis and his team have created these dishes for your dining pleasure using the freshest of local produce. We have a commitment to providing as many options as possible for **gluten free** diners. By carefully selecting ingredients most dishes are already gluten free (marked gf) or can be easily adapted. Should you have any dietary requirements, or if you’re simply after more information, our Restaurant Manager Emma and her team will be delighted to help you. Please don’t hesitate to ask – we pride ourselves on adapting to your needs. **Thank you and bon appétit!**” Mr ‘B’

## BREAKFAST

SERVED 11AM - 12NOON TUESDAY TO FRIDAY &  
10AM - 12NOON SATURDAY & SUNDAY

Full cooked breakfast - bacon, sausages, black pudding, beans, tomato, mushroom, toast & eggs (fried, poached or scrambled)	£9.95
Vegetarian breakfast - veggie sausages, potato scone, beans, mushroom, tomato, toast & eggs (fried, poached or scrambled) (v) (can be vegan)	£9.50
Eggs Benedict, poached eggs, honey roast ham, toasted muffin, hollandaise sauce	£8.95
Eggs Royale, poached eggs, smoked salmon, toasted muffin, hollandaise sauce	£9.95
French toast with crispy bacon & maple syrup	£8.50
Pancakes with crispy bacon & maple syrup	£6.50
Pancakes, chocolate ganache & berries (v)	£6.50
Sourdough toast, avocado, cherry tomatoes, rocket, balsamic glaze (can be gf) (vegan)	£6.95
Bacon, egg or sausage brioche roll	£3.50
<b>OMELETTES:</b>	
Ham & cheese	£6.95
Smoked cheddar (v)	£6.50
Smoked salmon & chives	£8.95

## LUNCH

SERVED 12NOON - 4PM DAILY

2 COURSES £13.95 • 3 COURSES £16.95  
TUESDAY TO FRIDAY 12NOON TO 2PM

### LUNCH STARTERS

Soup of the day with warm crusty bread (can be gf)	£4.95
Cullen skink with warm crusty bread (can be gf)	£5.95
Aultbea black pudding bon bons, whisky mayonnaise	£6.50
Wild mushroom & thyme pâté, oatcakes (v) (can be gf)	£6.25
Smoked mackerel & red pepper croquettes, citrus mayonnaise	£6.95
Sweet potato, chilli & coriander cake, salsa fresca (vegan) (can be gf)	£6.50

### LUNCH MAINS

Beer battered North Sea haddock, minted pea purée, handcut chips, tartare sauce	£11.95
Honey mustard chicken & bacon wrap, handcut chips, coleslaw	£10.95
Breaded lemon sole fillet, spiced quinoa, beetroot and green pea salad	£10.95
Beetroot & horseradish risotto, crispy rocket, aged balsamic (vegan)	£10.95
Classic macaroni cheese, handcut chips & salad (v)	£10.95
Brazilian smoky beef stew, served with coriander infused rice (can be gf)	£11.95
Braised duck leg, sweet potato colcannon, green vegetables & red wine jus	£12.95
Grilled cajun spiced North Sea haddock, handcut chips, salad & cheese sauce (can be gf)	£11.95

### HOT SANDWICHES

Red lentil & sweetcorn daal sandwich, fresh mango salsa, sourdough bun & handcut chips (vegan) (can be gf)	£9.95
BBQ chicken sandwich topped with smoked cheddar & bacon, lettuce, tomato, red onion, handcut chips (can be gf)	£10.95
Grilled minute steak sandwich topped with roast peppers & mushrooms in a mustard & cheese sauce, rocket, brioche bun & handcut chips (can be gf)	£11.95

We hope you have time to enjoy freshly prepared food but **if you are in a hurry let us know** (as most dishes take up to 20 minutes to cook) and we will get it to you as fast as possible. We are happy to accept pre-orders. **Thank you!**

## DINNER

SERVED FROM 5PM ONWARDS

### DINNER STARTERS

Soup of the day, warm crusty bread (can be gf)	£5.95
Cullen skink, warm crusty bread (can be gf)	£6.50
Pan seared Scottish scallops, black pudding bon bons, celeriac & apple purée, grilled chorizo (can be gf)	£8.95
White trufffle infused pulled beef brisket, parmesan crisp, red wine reduction (gf)	£6.95
Harissa marinated beetroot & artichoke tartare, saffron infused squash purée, crisp sourdough (vegan) (can be gf)	£6.95
Chicken, bacon & pistachio terrine, spiced date chutney, sour dough toast (can be gf)	£6.95
Crisp monkfish cheeks, sweetcorn, pancetta & herb salad	£7.95

### DINNER MAINS

Grilled seabass fillets, green beans, new potato, olive & beetroot salad, blackberry vinaigrette (can be gf)	£17.95
Seared Scottish salmon fillet, Szechuan pepper mash, cherry tomatoes on the vine, green beans & salsa verde (gf)	£18.95
Venison fillet, fondant potato, confit onion, garlic & spinach purée, romanesco & thyme jus (can be gf)	£20.95
Cornfed chicken supreme, dauphinoise potatoes, English mustard cream sauce, broccoli & grilled Aultbea black pudding (can be gf)	£17.95
Honey glazed Gressingham duck breast, paprika mash, crispy celariac, beetroot purée, pan jus (can be gf)	£18.95
Potato & sundried tomato cake, Mediterranean vegetable stew (vegan) (can be gf)	£14.95

### DINNER FAVOURITES (AVAILABLE ALL DAY)

Fennel’s famous 8oz burger, bacon, cheese, gherkins, tomato & lettuce, brioche bun, tomato relish, handcut chips, beer battered onion rings (can be served in gluten free roll with sautéed new potatoes)	£14.95
Beer battered North Sea haddock, minted pea purée, handcut chips, tartare sauce	£13.95
Red lentil & sweetcorn daal sandwich, fresh mango salsa, sourdough bun & handcut chips (vegan) (can be gf)	£12.95

### DONALD RUSSELL STEAKS

Served classically with our famous handcut chips, beer battered onion rings, cherry tomatoes on the vine and watercress salad, add your choice of sauce for the perfect accompaniment



Rib-Eye, 225gms (8oz) minimum 28 day aged, known as the butcher’s favourite due to the natural heavy marbling	£26.95
Sirloin, 280gms (10oz) minimum 28 day aged, full of flavour & texture	£28.95
Fillet, 225gms (8oz) a beautifully tender, fully matured steak (All steaks can be gf)	£29.95
SAUCE – Peppercorn, Diane, Blue Cheese, Red wine jus	£2.50

## DESSERT

SERVED BOTH LUNCH & DINNER

Sticky toffee pudding, butterscotch sauce, vanilla ice cream	£6.50
Dark chocolate & Fennel fudge brownie, salted caramel ice cream (gf)	£6.95
Cinnamon spiced pear & apple crumble, vanilla infused soya anglaise (vegan) (gf)	£6.95
Vanilla & white chocolate cheesecake, toffee sauce, salted caramel popcorn, chocolate ice cream	£5.95
Lemon posset, almond crumb & Amaretto shortbread	£6.50
Chef’s selection of Scottish cheese, oatcakes, red onion jam (can be gf)	£8.95

ALL ICE CREAMS AND SORBETS ARE SUPPLIED BY PORTSOY ICE CREAM.

## SIDES

Home cut chips	£3.00
Salt ‘n’ pepper chips	£3.00
New potatoes	£3.00
Macaroni cheese	£3.00
Onion rings	£3.00
Coleslaw	£3.00
Mixed salad	£3.00
Green vegetables	£3.00

### WHY NOT TRY OUR SPECIALITY EVENTS?

**MEEEKS TAKEOVER**  
*Wednesday*

Meeks burgers and more...  
From £9.95  
Every Wednesday night from 5pm - 7pm.

**V8 BREAKFAST**  
*Sunday am*

From motorbikes & kit cars to classics and supercars - come & see them up close and enjoy a coffee and bite of breakfast.  
Every Sunday from 10am-12noon.

**STEAK NIGHT**  
*Sunday*

From £15.00  
Donald Russell Ribeye Steaks.  
Every Sunday night from 5pm - 8pm.