



Tigh na Mara
(HOUSE BY THE SEA)

Good Morning, Rise & Shine

Porridge (made to order) add Sultanas, Honey or Tropical Mix
Cereals Cornflakes, Fruit & Fibre, Cheerios, Rice Krispies, Gluten Free Muesli
Fresh Fruit Salad
Yoghurt

Your choice from the following

The Tigh na Mara Big Breakfast

Bacon, Egg, Black Pudding, Haggis, Sausage, Beans, Tomato & Mushroom

Breakfast Bap

A soft bap with any 2 items from the Big Breakfast

Catch of the Day

The best from Watt's Fishmongers

Scrambled Egg & Smoked Salmon

On toasted homemade Bread

Poached Eggs

On toasted homemade Bread

Homemade Scotch Pancakes

Served with Bacon **or** Banana & Blueberries, with Maple Syrup

French Toast (with a difference)

Dipped in a mix of Almond Milk, Maple Syrup, Cinnamon & Nutmeg, cooked in Coconut Oil & served with powdered Sugar, fresh Banana and a drizzle of Maple Syrup (you could of course opt for Bacon)

Smashed Avocado

With a little fresh Chilli & Lemon Juice, Tomato, Red Onion & Coriander leaves. Served with a drizzle of Olive Oil, Sea Salt & Black Pepper on our homemade toast (maybe add a sliver of Smoked Salmon **or** Poached Egg)

Toasted Homemade Bread

(Gluten Free Available)

Selection of Teas & Coffee

Decaf Available

All of our food is freshly prepared and cooked to order, if you have any allergens please inform/ask a member of our team who will advise of all ingredients used