

Karen@Cowaness
Lunch Menu

Full Sandwiches/Bagels/Paninis

Fillings at £7.95

Chicken and Mango - Oven Roasted Scottish Chicken with Mixed Leaves Drizzled in Mango Mayo

Bacon Brie & Cranberry - Crispy Back Bacon Brie & Cranberry Sauce Served with Mixed Leaves

Isle of Mull Mature Cheddar - with Arran Chutney or Country Tomato Served with Mixed Leaves

Honey Baked Ham - with Arran Chutney & Mixed Leaves

Egg Mayo - Free Range Eggs Served with Mixed Leaves

Tuna Mayo - Served with Mixed Leaves & Red Onion

Pastrami & Cream Cheese - Served with Mixed Leaves

Haggis Cheese & Sweet Chilli - Served with Mixed Leaves

Mozzarella Sun Blushed Tomatoes & Basil – Served with Mixed Leaves

Fillings at £8.95

Roast Beef - Scottish Topside of Beef served with Wholegrain Mustard & Mixed Leaves

Prawn Marie Rose - Served with Mixed Leaves

Smoked Salmon & Cream Cheese - Served with Mixed Leaves

Steak, Onion, Mushroom & Cheese – Served on a bed of Mixed Leaves

All Served with Salad, Crisps & Homemade Coleslaw

Soups

*Lentil Soup or 'Soup of the Day'
Served with Crusty Bread & Butter
£5.50*

*Soup & Half Sandwich of your choice
£7.95*

Selection of Cakes & Scones also available

Karen@Cowan
'Specials' Menu

Scottish Macaroni Cheese
made with finest quality Scottish Orkney Cheddar & Mustard
topped with Melted Cheese
served with Garnish Side Salad & Garlic Focaccia
£8.95

Quiches

Spinach & Red Pepper with Feta Cheese
Or
Smoked Bacon & Mature Cheddar
served with
Side Salad, Coleslaw, & Kettle Chips
£7.95

Soups

Carrot, Butternut Squash & Ginger
Or
Cream of Tomato
served with
Crusty Bread & Butter
£5.50

Desserts

Apple Pie
Or
Blueberry & Lemon Sponge
served with
Vanilla Pod Custard
£5.95

Selection of Cakes & Scones also available

Karen@Cowaness
Breakfast Menu

Full Scottish Breakfast

*Sausage, Bacon, Black Pudding, Beans, Tomato, Mushrooms,
Potato Scone, Toast & Egg of your choice*
£9.50

Vegetarian Breakfast

*Vegetarian Sausage, Vegetarian Haggis, Tomato, Mushroom, Beans, Potato
Scone, Toast & Egg of your choice*
£8.50

Classic Benedict

*Poached Egg, Bacon, Hollandaise
served on Toasted Bloomer Bread*
£6.95

Royale Benedict

*Poached Eggs, Hot Smoked Salmon, Spinach, Hollandaise
served on Toasted Bloomer Bread*
£8.95

Small Breakfast

5 Items from full Breakfast Menu & Toast
£6.50

Filled Rolls

Pick from Breakfast Menu
£3.75

*Pancakes or Brioche French Toast
served with the following choice:*

Bacon & Maple Syrup
Banana Cinnamon & Cream
Mixed Berry & Yoghurt
Nutella & Strawberry
£6.75

*Karen @ Cowane's
Afternoon Tea Menu*

Sandwiches, Brown or White

Egg Mayonnaise and Cress

Smoked Salmon and Cream Cheese

Smoked Ham and Mustard

Smoked Applewood Cheddar and Red Onion Chutney

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Mini Pork Pie

Mini Scotch Egg

Quiche

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Selection of Fruit and Plain Scones,

with Clotted Cream and a Pot of Strawberry Jam

Chef's Mini Dessert of the Day

Selection of Cakes / Tray Bakes and Pastries

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£12.50 per person

(Tea and Coffee not included)

*Bookings can be made directly with Karen on 07761 155336 or
email karenanderson418@gmail.com*

Karen@Cowan's
Drinks Menu

Teas:

<i>Tea</i>	<i>£2.50</i>
<i>Speciality Tea</i>	<i>£3.50</i>
<i>Pot of Tea</i>	<i>£3.50</i>

Coffees:

<i>Americano</i>	<i>£3.00</i>
<i>Espresso Single/Double</i>	<i>£2.75/£3.20</i>
<i>Flat White</i>	<i>£3.20</i>
<i>Latte</i>	<i>£3.30</i>
<i>Cappuccino</i>	<i>£3.30</i>
<i>Mocha</i>	<i>£3.20</i>
<i>Extra Shot</i>	<i>£1.00</i>

Hot Chocolate:

<i>Hot Chocolate</i>	<i>£3.50</i>
<i>With Marshmallows & Cream</i>	<i>£0.50</i>

Soft Drinks:

<i>Coca Cola</i>	<i>£2.50</i>
<i>Irn Bru</i>	<i>£2.50</i>
<i>Fruit Juice/Burst</i>	<i>£3.00</i>