

## Welcome to our Green Lady Bar, our team of Chefs are happy to prepare your food.

If you have any allergens or intolerances please speak directly to a member of the team if you are concerned or wish more information regarding the allergens in each dish.

Staying on a dinner, bed and breakfast package? You can enjoy a meal to the value of £30.00 per person. Any additional charges will be added to your room account.

If you are eating with guests from more than one bedroom, please give your server each room number so they may charge to the appropriate rooms, as required

There is a 10% service charge added to all food and beverage bills. This is completely discretionary. Please do not hesitate to let us know if you wish to remove this from your bill.

**Freshly made soup of the day** £6.95  
croutons, herb oil

**Cullen Skink** £7.75  
creamy smoked fish soup with potatoes

**Haggis bon bons,** £8.50  
**vegetarian haggis** also available  
on a bed of clapsnot, Drambuie & onion sauce

**Traditional Prawn cocktail** £9.50  
plump prawns on a bed of iceberg lettuce and Marie rose sauce

**Bruschetta,** cherry tomatoes, garlic, basil £7.75  
on toasted baguette **or**  
mushrooms and garlic in a cream sauce

**Caramelised sweet potatoes,** with honey, £8.50  
goats cheese and crunchy walnuts

\*\*\*\*\*

**Hunters chicken,** £19.50  
breast of chicken, wrapped in bacon; smothered  
in a barbeque sauce and topped with Cheddar cheese

**Battered haddock,** £17.50  
chips, garden peas, tartar sauce

**Seafood linguini,** £18.50  
king prawns, mussels, salmon in a garlic & cream sauce

**Steak and Ale Pie,** £18.00  
Puff pastry; chips or new potatoes, vegetables.

**Tulloch Castle burger;** £18.50  
6oz beef burger, Tain cheddar, toasted bun, relish  
tomato, lettuce, chips, coleslaw

**Spiced falafel, Moroccan style,** £17.50  
stuffed in a wholemeal pitta bread, with  
chunky salad and a side of humas

**Risotto** with mushrooms, peas and parmesan £15.95

**Sausage and mash,** with an onion gravy £16.50

**Macaroni cheese** £15.50  
Garlic bread, salad & chips

**Sides**  
Whisky onion rings £4.95  
Cheesy fries £4.95  
Garlic bread £3.25  
Coleslaw £2.50

\*\*\*\*\*

**Sticky ginger pear pudding,** £8.00  
vanilla ice cream

**Apple crumble tart** £8.00  
with custard

**Scotch pancakes,** layered with caramelised £8.00  
banana, banana rum syrup, vanilla ice-cream

**Chocolate Brownie Sundae** £8.00  
Brownie chunks, vanilla ice cream, chocolate sauce

**Local cheese made by Highland Fine Cheese, Tain**  
All served with Highland oatcakes, chutney and grapes  
Choose from 2,3,4 or 5 cheeses  
£9; 10.50; £12; 13.50  
(please see over for cheese menu)

### MORANGIE BRIE ⑤

*Tranquil by name; tranquil by nature*

Edible white rind, rich creamy paste with mild mushroom and grass undertones and a silky texture that melts in your mouth when ripe.

Named after the Glen of Tranquillity

### STRATHDON BLUE ⑤

*Butter cream icing on the nose; voluptuous maturity on the palate*  
More complex than most Blues with bold cracks and streaks, this creamy, juicy cheese yields to the touch and fills the mouth with a delightfully fudgy texture, finishing on balanced notes of salt and steel

### FAT COW ⑤

*On the road to Gruyere; pot-holed like Emmental*

Buttery, nutty, sweet and milky with a hint of orchard fruits and dairy cow in the aroma and taste and a smooth waxy texture, this semi-hard cheese has a washed rind, the colour of crusty baguette.

### BLACK CROWDIE ⑤

*Packs a peppery punch*

Dense, dry curd cheese rolled in cracked black pepper and springy oatmeal. Gritty and aromatic on the palate with a spicy kick, this little cheese (*Gruth Dhu* in Gaelic)

### About Highland Fine Cheese

Traditionally the Highlands was cattle country. Every small farm or croft had a house cow with which to supplement the tedious diet of mutton, neeps, tatties and roadkill. Any spare milk was left by the range to stay warm after the cream had been ladled from the top to churn into butter. The natural cultures in the liquid would slowly eat the lactose and multiply throughout, souring it by releasing lactic acid. Eventually the milk would set and form a curd, a bit like yogurt. Then the curd would be scrambled like eggs and hung up in a pillowcase or a muslin to drain the whey. Add some salt and you have the simplest preserved milk in the world – Crowdie.

Reggie and Susannah Stone ran their micro dairy with 14 Dairy Shorthorn cows and a vicious, depressive bull called Geordie who occasionally lifted the gate and set off into Tain for a little fun. The cheese making all began by accident when Reggie complained that no one made Crowdie anymore, Susannah suggested she could and set about souring a 10-gallon churn of milk. However, 10 gallons of milk became a stone of crowdie – a little more than Reggie had planned on.

## Tulloch Castle Hotel

## Green Lady Bar Dinner Menu

