



# THREAPLANDS

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## LUNCH SERVED FROM MIDDAY

Monday- Friday - All hot food orders must be placed by 3pm.

Soup, sandwiches and baked potatoes with cold fillings available until 4pm.

Saturday & Sunday - All food orders must be placed by 4pm.

Sorry but we cannot make any substitutions or amendments to our dishes.

**WIFI password: Primrose I**

**View our online shop [www.threaplands.co.uk](http://www.threaplands.co.uk)**

# THREAPLANDS FAVOURITES

## Chicken Goujons

\*GF & \*DF..... 14.95

Freshly prepared 100% chicken breast goujons, thick cut and coated in panko breadcrumbs served with coleslaw, side salad and chips.

## Cajun Battered Chicken Goujons \*DF..... 14.95

Our famous 100% chicken breast goujons thick cut and coated in mildly spiced Cajun batter served with dirty Cajun chips & coleslaw.

## Macaroni..... 10.95

Our homemade macaroni cheese smothered in a rich creamy cheese sauce, served with chips and garden peas.

## Beef Chilli\*GF..... 12.95

Fluffy white rice topped with our signature beef chilli, served with tortilla chips & soured cream.

## Chicken Curry\*GF..... 13.95

Tender chicken pieces in a mild yet flavoursome homemade curry sauce served with rice or chips.

## Beef Chilli Nachos\*GF..... 12.95

## Meat Free Nachos (No Chilli)\*GF..... 10.95

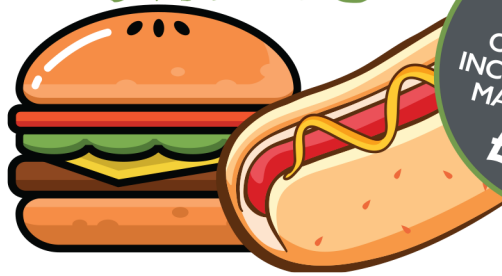
Warm tortilla chips topped with our signature beef chilli & melted cheese served with guacamole, salsa, jalapeños, spring onion, tomato & soured cream.

## Speciality Quiche of the Week..... 10.95

Homemade with free range, organic eggs served with couscous, dressed side salad and coleslaw.



# BURGERS & DAWGS



## Threaplands Burger\*GF..... 14.95

6oz of local butcher's beef burger topped with bacon & melted cheese sitting on lettuce in a lightly toasted soft brioche bun, served with chips and coleslaw.

## The Big Bird Burger\*GF..... 14.95

Our signature panko breaded 100% chicken breast sitting on lettuce in a lightly toasted soft brioche bun topped with bacon and lemon mayo, served with chips and coleslaw.

## The Pond\*GF..... 12.95

Our local fresh haddock panko breaded and fried to perfection sitting on lettuce in a lightly toasted soft brioche bun with a tartare sauce, topped with scampi and served with chips and coleslaw.

## The Fit Noo? Nae Coo? Burger..... 12.95

Plant based burger topped with vegan cheese sitting on lettuce in a lightly toasted vegan bun with tomato relish, served with chips and couscous.

## The BIG Dawg..... 12.95

Foot long Bratwurst in a soft white bun topped with cheese, crispy fried onions and bacon bits served with "slaw", chips, ketchup and american mustard.

## The BIG Chilli Dawg..... 14.95

Foot long Bratwurst in a soft white bun topped with our homemade beef chilli, cheese, crispy fried onions, jalapenos and bacon bits served with "slaw" and chips.

# FISH



## Local Breaded

## Haddock\*GF..... 14.95

Fresh haddock fillet coated in crispy panko breadcrumbs deep fried until golden served with homemade tartare sauce, chips, garden peas & lemon.

## Local Wholetail Scampi\*DF..... 12.95

Generous portion of breaded wholetail scampi deep fried until golden served with homemade tartare sauce, chips, garden peas & lemon.

# ROAST

(SUNDAY ONLY)

## Full Roast..... 16.95

## Medium Roast... 13.50

Roast of the week served with roast vegetables, accompanying sides, Yorkshire pudding and lashings of gravy.



# WRAPS

**Breaded Chicken\*DF**..... 10.95

Crispy panko breaded chicken and mixed leaf salad stuffed tortilla wrap with your choice of garlic mayo, BBQ or sweet chilli sauce served with couscous, dressed side salad and coleslaw.

**The Chilli Burrito**..... 11.50

Tortilla wrap stuffed with our signature beef chilli & spiced rice, loaded with red peppers, cheese, and fresh tomato, toasted, served with cheese, salsa & Jalapeño topped nachos and side of soured cream.

# SOUP

**Fresh Soup of the Day & homemade croutons**.....6.95

Served with choice of white bread, brown bread, gluten free bread or oatcakes.

**Cullen Skink & homemade croutons \*GF** ..... 8.95

Served with choice of white bread, brown bread, gluten free bread or oatcakes.

**Soup & Sandwich**..... 10.95

Cullen skink supplement ..... 1.00  
Half bowl of soup of the day or cullen skink served with a full sandwich of choice from the "Sandwiches & Baked Potatoes" section.

**Soup & Sweet**..... 10.95

Cullen skink supplement ..... 1.00  
Fresh Soup of the Day or Cullen skink & homemade croutons served with choice of white bread, brown bread, gluten free bread or oatcakes followed by choice of any sweet from the "Puddings" section.

AVAILABLE TILL 4PM DAILY  
SEE SPECIALS BOARD FOR DETAILS

# SIDES



**Bowl of Chips \*GF & \*DF**..... 4.00

**Bread n Butter \*GF**..... 2.00

**Coleslaw \*GF & \*DF**..... 2.00

**Beans \*GF & \*DF**..... 2.00

**Chips & Cheese \*GF**..... 5.00

**Nacho Crisps \*GF & \*DF**..... 2.00

**Salad \*GF & \*DF**..... 2.00

**Mac "n" Cheese**..... 3.00

**Grated Mature Cheese \*GF**..... 2.00

# SANDWICHES & BAKED POTATOES



AVAILABLE TILL 4PM DAILY

**Baked Potatoes** ..... 10.95

**Sandwiches** .....8.95

Our fluffy centred buttered baked potatoes with a crispy skin or sandwich on white bread, brown bread or gluten free bread, stuffed with your filling of choice served with couscous, dressed side salad and coleslaw.

**Cold Fillings (available until 4pm daily)**

Tuna Mayo.....\*GF & \*DF

Tuna Mayo & Cheddar Cheese.....\*GF

Tuna Mayo & Red Onion.....\*GF & \*DF

Cheddar Cheese.....\*GF

Cheddar Cheese & Red Onion.....\*GF

Sweet Chilli Chicken.....\*GF & \*DF

Sweet Chilli Chicken & Cheese.....\*GF

Chicken Mayo.....\*GF

Ham.....\*GF & \*DF

Ham & Cheese.....\*GF

Vegan Cheese.....\*GF & \*DF

**Hot Fillings (available until 4pm Saturday and Sunday, 3pm Monday-Friday)**

Beans.....\*GF & \*DF

Beans & Cheese.....\*GF

Beef Chilli.....\*GF

Beef Chilli & Cheese.....\*GF

Macaroni Cheese

# PUDDINGS

**Cheesecake (See specials board for details)**.....6.00

Our homemade slice of YUM with buttery biscuit base.

**Chocolate Fudge Brownie Sundae**.....7.00

Homemade brownie pieces layered with chocolate sauce, vanilla bean & chocolate ice cream, whipped cream and fudge pieces with a flake.

**Cookie Dough Sundae**.....7.00

Layered warm cookies, vanilla bean & chocolate ice cream, chocolate sauce, whipped cream and fudge pieces.

**Warm Chocolate Fudge Brownie**.....7.00

Homemade gooey chocolate fudge brownie with warm chocolate sauce and custard or vanilla ice cream.

**Pancake stack**.....7.00

Stack of 2 thick and fluffy, homemade pancakes layered with vanilla ice cream and choice of Biscoff stack or mixed fruit & maple syrup stack.

We support local. Not only do we source meat, fish, fruit and vegetables locally but all our home baking and menu dishes are made with free range organic eggs from Moray.

Intolerance Key:

\*DF = Dairy free available (dish may require modifications and vary from description) \*GF = Gluten free available (dish may require modifications and vary from description)

\*Please notify your server of any food allergies you have. Our freshly prepared food may contain traces of celery, cereals containing gluten, crustaceans such as prawns, eggs, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sulphur dioxide, sesame seeds and soybeans. As we do not operate a "Free from" kitchen we cannot guarantee complete removal of all trace ingredients including animal products. We use genetically modified vegetable oil in our fryers.