

Break Fast

Breakfast is served until 11am everyday.

Scottish Breakfast 2 Rashers of Bacon, local sausage, Macsween black pudding, free range fried egg, tattie scone, mushrooms, beans, tomato and tea or filter coffee.	£12.25
Venison Lorne & Eggs 2 Venison lorne sausage, fried eggs & beetroot ketchup.	£8.00
Vegetarian Breakfast Macsween vegetarian haggis, vegetarian sausage, fried egg, mushrooms, tattie scone, wilted spinach, beans, tomato and tea or filter coffee.	£12.25
Vegan Breakfast Macsween vegetarian haggis, vegetarian sausage, mushrooms, tattie scone, wilted spinach, beans, tomato and tea or filter coffee with soya milk included.	£12.25
Gluten-Free and Vegan Overnight Oats Gluten-free oats steeped overnight in soya milk served cold, with blueberries and honey.	£6.95
Homemade Traditional Porridge Oats Add Honey, Mixed Seeds or Nuts	£4.55 £1.00

Hot Filled Rolls

Our hot filled rolls are served until 5pm.

Bacon	£3.95
Macsween Black Pudding Roll	£3.95
Free Range Egg Roll (2 Eggs)	£3.80
Roll and Local Link Sausage	£3.95
Roll and Vegetarian Sausage	£3.80
Venison Lorne Sausage Roll With beetroot ketchup	£4.55
Extra Filling	£1.40

Children's Menu

All children's meals are served with chips and include a juice carton and a homemade rice crispy cake. Please ask for an activity sheet and your own pack of pencils to take home.

Homemade Fish Fingers	
Battered or Grilled Pork Sausage	
Plain Beef Burger	
Plain Cheeseburger	
Rosie & Jim's Chicken Nuggets (3)	
Vegetable sausage	
Kids Breakfast Available til 11am	All £7.95

Home Baking

See our amazing display of fresh home baking. Our cakes and sweet treats are freshly prepared every day using only the finest ingredients.

35p Off Hot Drinks

35p Discount when you bring your own cup for hot drinks.

See our separate drinks menu for a wide selection of coffee, tea, soft drinks, beers, wines and cider.

Want to Pre-Order for takeaway?



Use your camera to scan the QR code Or visit therealfoodcafe.com

01



Place your Order Ensuring you select the time you want to collect your food.

02



Collect your order Come into the café at your allocated time & collect your order from the chip counter.

03

Ethically & Sustainably Sourced, Delicious Fish & Chips Served in the Heart of the Scottish Highlands.



accredited by



theREAL **FOOD** CAFE  Tyndrum

www.therealfoodcafe.com



Menu V19.09.22



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Large Print Menus Available



Soups & Salads

Side Salad	£4.50
Hot Smoked Salmon Salad	£16.50
From Letterfinlay Smokehouse, nr. Fort William.	
Vegetarian Soup of the day	£5.95
Served with bread & butter.	
Add a standard portion of chips	£8.95
Fish Chowder	£6.95
Served with mara seaweed soda bread scones.	
Add a standard portion of chips	£9.95

Delicious Burgers

Made by Letterfinlay Butchers, Fort William, using only registered Scotch Beef. All Burgers are quarter pounders.

Scotch Beef Burger & Chips	£12.25
Topped with salad, onions and BBQ sauce.	
Scotch Cheese Burger & Chips	£13.25
Topped with salad, onions and BBQ sauce.	
Double Cheese Burger & Chips	£15.25
Topped with salad, onions and BBQ sauce.	
Tandoori Chicken Burger & Chips	£14.50
In a beetroot bun, topped with mango chutney and coriander salsa.	
NEW The Spicy Meaty One & Chips	£14.50
A cheeseburger topped with pulled pork and jalapenos.	
Add a Rasher of Bacon or Extra Cheese	£1.40

Chips

	Standard	Large
Chips	£3.60	£4.60
Cheesy Chips	£4.60	£5.60

Chip Butty	£4.00
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Sauces

Homemade Gourmet BBQ	£0.80
Homemade Beetroot Ketchup	£0.80
Homemade Tartare Sauce	£0.80

Curry Sauce	£1.50
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Famous Fish & Chips

All our Haddock is sourced from sustainable MSC certified stocks.

	Snack	Standard	Large
Haddock & Chips	£8.60	£13.20	£14.20
Breaded Haddock & Chips	£9.10	£13.70	£14.70
Delicious Spicy Fish Nuggets (Haddock)			£11.60
Served with chips and sweet chilli sauce.			
Scampi & Chips (9)			£11.95
Amity scampi from Peterhead served with homemade tartare Sauce.			
Fishfinger Sandwich			£10.95
Served in a roll with lettuce, tomato sauce and chips.			
Plant Based Tofish & Chips			£12.10
Tofu seasoned with mara seaweed, wrapped in nori, battered and deep fried.			



Gluten-Free Fish & Chips

Great news for coeliacs! We are the proud holders of an A grade, Accredited Caterer Award from Coeliac UK. Please ask for our full Gluten Free menu.

	Snack	Standard	Large
GF Haddock	£10.95	£14.20	£15.20

Deals & New Dishes

	Standard	Large
Fish Tea Deal	£17.25	£18.25
Standard haddock and chips, mushy peas, tartare sauce, white roll, and a cup of tea or filter coffee.		

Family Fish Tea Deal	£45.95
2 x standard haddock and chips, 2 x snack haddock and chips and 4 drinks. Drinks include choice of tea, filter coffee, bottled water, glass of juice from the drinks dispenser or kids carton.	

Back By Popular Demand

Loaded Veggie Chips (v)	£7.85
Topped with cheese, crispy onion, jalapenos, red pepper and sweet chilli sauce.	

Loaded Meaty Chips	£8.75
Topped with cheese, crispy onions, jalapenos, pulled pork and BBQ sauce.	

Sausages & Puddings

McWhinneys Pork Sausage & Chips (2)	£8.60
Macswheen Battered Haggis Slices & Chips (3)	£8.65
Macswheen Black Pudding & Chips (3)	£9.60
Highland Trio & Chips	£9.75
Battered sausage, haggis & black pudding.	
Scottish Cheese Pot & Salami	£16.75
Melted Ballochmyle brie served with chips, brown bread, Great Glen venison salami and salad.	
NEW Homemade Pork & Haggis Sausage Roll	£10.95
Served with chips and chilli ketchup.	

Vegetarian & Vegan

Chickpea Curry & Chips (v)	£11.75
Served with a cooling yoghurt.	
Vegan MacSween Haggis & Chips (vg)	£11.50
Served with peppercorn sauce.	
Scottish Cheese Pot (v)	£14.75
Melted Ballochmyle Brie served with chips, brown bread and salad.	
Vegan Mixed Grill (vg)	£11.75
Grilled mixed vegetables & chips.	
NEW Macaroni Cheese (v)	£11.00
Homemade with Ballochmyle brie and cheddar, served with chips or salad.	

Sides

Side of Scampi (5)	£5.50
Served with lemon and homemade tartare sauce.	
Giant Onion Rings	£4.75
Served with sweet chilli sauce.	
Jalapeño Bites (5)	£5.00
Crispy coated jalapeños stuffed with cream cheese and served with sweet chilli sauce.	
NEW Haggis Bon Bons (6)	£5.50
Served with a peppercorn dipping sauce.	

Mushy Peas	£1.75
Pickled Egg or Gherkin	£0.85
Pickled Onion	£0.55
Brown Bread and Butter	£1.15
White Roll and Butter	£0.85