

Vegetarian Omelette   **£9.25**

Filled with red onion, peppers, spinach, mushrooms and new potatoes.
Served with sweet potato fries and a dressed salad garnish

Chickpea and BBQ Jackfruit Burger    **£8.75**

Chickpea, spinach and falafel burger topped with BBQ pulled jack fruit
Served on a toasted brioche roll with salad garnish and sweet potato fries

Chicken and Quinoa Salad   **£8.95**

Tender chicken breast, super satisfying veggies and quinoa.
Topped with toasted pumpkin and sunflower seeds and drizzled with balsamic glaze

Cauliflower, Chickpea and Spinach Curry    **£8.25**

Homemade curry made with the tastiest Indian herbs and spices, filled with cauliflower, chickpea and spinach. Served with coriander rice and a falafel bite

SIDES

Skin on fries with cajun dip **£2.85**

Sweet potato fries with garlic mayo **£3.00**



MENU

HOWDENS GARDEN CENTRE
Stoneyfield, Inverness IV2 7PA
tel: 01463 711134

BREAKFAST

available daily until 11.30am

The Full Scottish Breakfast £7.25

Butchers sausage, two pieces of cured back bacon, grilled tomato, baked beans, fried hens egg, sautéed button mushrooms, black pudding and hot buttered toast served with filter coffee or tea

Vegetarian Breakfast £7.25

Roasted tomatoes, wilted spinach, button mushrooms, baked beans, fried hens egg, sautéed potatoes, toasted sunflower and pumpkin seeds and hot buttered toast served with filter coffee or tea

Gardener's Set Breakfast £2.25

Butchers sausage, cured back bacon, fried hens egg and baked beans

Eggs Your Way £3.95

Fried, scrambled or poached on hot buttered toast

Eggy Bread £4.25

French toast topped with maple syrup and crisp streaky bacon

Herby Mushrooms on Toast £3.95

Button mushroom sautéed in butter and herbs served on hot buttered toast

Berry Pot £3.65

Natural yoghurt with blueberries sprinkled with poppy seeds

Ultimate Breakfast Sandwich £5.95

Butchers sausage, grilled back bacon, sautéed mushrooms and fried hens egg on toasted ciabatta served with HP sauce

Avocado, Eggs and Bacon £5.95

Whipped avocado set on ciabatta topped with poached eggs and streaky bacon

DELI CHOICE

Roast Beef Yorkie Wrap £7.25

Pulled roast beef, onion and pan gravy in a giant yorkie wrap. Served with muddy mayonnaise and salad garnish

Smoky BBQ Jackfruit Wrap £7.25

Pulled jackfruit in a tangy BBQ sauce topped with roasted vegetables. Served in a tortilla wrap with salad garnish

Chicken Tikka Wrap £7.45

Tikka marinated chicken breast and sliced onion topped with crisp lettuce in a warm tortilla wrap. Served with minted yoghurt dip and salad garnish

Prawn and Avocado Open Sandwich £8.25

Ciabatta roll topped with whipped avocado and cold water prawns laced with marie rose sauce. Served with coleslaw and salad garnish

Taste of Scotland £8.25

A platter filled with pork pie, local blue cheese, gammon ham, black pudding, pickles, piccalilli and salad.

Served with a bread roll and butter

Gardener's Soup Platter £4.95

Chef's soup of the day served with bloomer bread, dairy butter and a trio of garnish pans: crispy rocket, salted onions and herb croutons

BETWEEN THE BREADS

Tuna and Cucumber £6.25

Flaked tuna, cucumber and free range mayonnaise

Mature Cheddar and Chutney £6.25

Mature cheddar cheese with caramelised onion chutney

Ham and Tomato £6.25

Gammon ham with sliced tomato and mustard mayonnaise

Egg Mayonnaise and Rocket £5.99

Free range egg mayonnaise topped with peppery rocket

Hummus, Carrot and Pepper £6.25

Red pepper hummus, grated carrot and peppery rocket

All served on brown or white bloomer or tortilla wrap with a dressed salad garnish

EAT WELL - LOVE LIFE

Quorn Five Spice Stir Fry £8.50

Fragrant and full of healthy nutritious vegetables and quorn pieces, stir fried with chinese five spice and soy sauce