

CAPTAINS BAR MENU

Served seven days a week
In our bar from 12.00pm-9.30pm

STARTERS

CHICKEN LIVER PATE	£6.75
redcurrant jelly, salad leaves & Benbecula oatcakes	
FRESH SOUP OF THE DAY	£5.50
crusty bread and butter	
STEAMED LOCAL MUSSELS	£8.25
garlic, white wine & cream	
SMOKED HADDOCK CHOWDER	£6.95
creamy leek, potato, chive & smoked haddock soup	
SCOTTISH SMOKED SALMON SALAD	£7.95
dressed salad leaves, capers, red onion and lemon wedge	
HEBRIDEAN OYSTERS-ONE TO TRY	£2.25
HEBRIDEAN OYSTERS ½ DOZEN	£10.95
tabasco and lemon	
WHOLE TIGER PRAWNS	£8.50
served warm in their shells, garlic and herb butter	
OUR OWN SCOTTISH SALMON CAKE	£6.95
salad leaves, thermidor sauce, lemon wedge	
DEEP FRIED BREADED FRESH BRIE	£6.95
redcurrant jelly, mixed leaves, balsamic dressing	

MAINS

SCALLOPS THERMIDOR	£19.95
chargrilled and served on a bed of spinach with a creamy mustard sauce and seasonal vegetables	
CHARGRILLED FILLET OF FRESH SCOTTISH SALMON	£17.50
served with wilted spinach, thermidor sauce & seasonal vegetables	
CLASSIC FISH & CHIPS	£13.95
beer battered sustainable haddock fillet, chips, dressed salad leaves, tartare, lemon	

MAINS

STEAK FRITES	£23.95
Scottish rib eye beef chargrilled and cooked to your liking, garlic and herb butter, chips & dressed salad	
ANGUS CHEESEBURGER	£13.50
Chargrilled, served on a toasted brioche roll, salad, relish, chips	
CHICKEN AND HAGGIS	£16.75
rich peppercorn sauce, seasonal vegetables or chips	
HOMEMADE STEAK AND ALE PIE	£13.95
seasonal vegetables or chips	
FILLET OF SEA BASS	£18.95
Wilted spinach, coriander, chilli & lemon butter, seasonal vegetables and potatoes	
PUMPKIN RAVIOLI	£12.50
fresh tomato and herb ratatouille, freshly grated parmesan, fresh herbs	

SIDE ORDERS-AVAILABLE WITH ANY DISH

Mixed leaf and herb salad	£3.50
Bowl of Chips	£2.95
Pepper sauce	£2.50
Basket of crusty bread with butter	£1.95
Portion of seasonal vegetables	£3.50
Garlic Butter Sauce	£2.50

DESSERTS

WARM APPLE AND CINNAMON CREPE	£6.75
maple syrup, Mackie's vanilla ice cream	
HOMEMADE STICKY TOFFEE PUDDING	£6.50
butterscotch sauce, Mackie's vanilla ice cream	
HOMEMADE CHOCOLATE BROWNIE	£6.50
Mackie's vanilla ice cream, rich chocolate sauce	
MACKIE'S OF SCOTLAND VANILLA ICE CREAM	£4.50
CHEESE PLATE	£8.95
mature cheddar, Hebridean blue, brie, biscuits, celery, onion marmalade, grapes	
HOMEMADE CHEESECAKE	£6.50
white chocolate & vanilla cheesecake, pouring cream	

Please inform your waiter of any food allergies or dietary requirements you may have. Allergy information is available for each dish on our menu, just ask any member of the team. We cannot guarantee that there will not be traces of other products due to the nature of our production area.

Our dishes may contain nuts or nut traces

COFFEE and TEA MENU

<i>Espresso</i> A short strong black coffee	£2.20
<i>Latte</i> Espresso with fresh steamed milk	£2.60
<i>Americano</i> Espresso diluted with hot water. Add milk if you like	£2.40
<i>Cappuccino</i> Espresso with steamed milk and a lovely milky foam, dusted with chocolate	£2.60
<i>Flat White</i> Double espresso topped with fresh steamed milk	£2.60
<i>Babychino</i> A small cup of steamed milk dusted with chocolate & served with marshmallow	£1.95
'Normal' tea, Earl Grey, herbal & fruit teas	£2.00
Fresh Filter Coffee	£2.30
Hot Chocolate with whipped cream	£2.50
Luxury-add some fluffy marshmallows	£2.80
Jug of fresh cream	£0.65
We stock a good selection of herbal and fruit teas, please ask what we have on offer today	

WE'RE KEEPING IT LOCAL!

We have been serving fantastic food in fabulous waterfront surroundings for a very long time and work closely with our suppliers to ensure the provenance and quality of all our ingredients

Meat, cheese, dairy & West Coast salmon:	Roy Forsyth from Letterfinlay, Fort William. A family run business supplying from a croft to a castle!
Fish and shellfish:	James MacLean, a local man from Ballachulish, sources the best fish and shellfish for us from Benderloch just down the road, Arisaig, the Isle of Mull, the Isle of Skye, Isle of Islay, and everywhere from Oban to Mallaig!
Coffee and Fine Teas:	Brodies – Edinburgh coffee and tea merchants since 1867
Blackpudding:	The MacLeod family in Stornoway, Isle of Lewis
Haggis:	MacSweens of Edinburgh-their factory is dedicated to making only Haggis and Haggis alone!
Fruit and Vegetables:	Breckenridge, a family run business based in Oban

CHILDREN'S MENU

Served every day from 12.00pm-9.30pm. Suitable for children aged 12 and under

CHILDREN'S STARTERS

CHEFS SMASHING SOUP Served with crusty bread and butter	£3.50
CREAMY MAD MUSSELS served with crusty bread and butter	£4.25

CHILDREN'S MAINS

BONGA BEEFBURGER with chips and beans or salad	£6.50
CRAZY CHICKEN NUGGETS with chips and beans or salad	£6.50
CHAMPION CHICKEN BURGER Served on a brioche bun with chips & beans or salad	£6.50
CAPTAINS COOL PASTA 'Clean' pasta topped with grated cheddar cheese	£6.50
TIDDLERS FRESH BATTERED FISH & CHIPS With beans or salad	£6.50

Vegetables are always available as an alternative to chips for any child's main course

CHILDREN'S DESSERTS

TERRIFIC TOFFEE PUDDING With pouring cream	£3.95
CHOCKY WOcky BROWNIE Served with ice cream	£3.95
CHUNKY CHEESE & BISCUITS Orkney cheddar with grapes and biscuits	£3.95
VANILLA THRILLER ICE CREAM Drizzled with chocolate sauce	£3.95
MAGIC MILKSHAKES Please ask for todays flavours, topped with whipped cream and marshmallows	£2.50