

# Mains

## **Orkney Haddock**

*Deep fried locally landed Haddock, Battered or Breaded  
Served with Chips & a choice of Peas or Salad*

**£10.75**

## **Golden Scampi**

*Coated in Breadcrumbs and deep fried  
Served with Salad & Chips*

**£8.75**

## **Cajun Chicken**

*Chicken Breast pan fried in Cajun Spices  
Served with Salad, Chips & Homemade Salsa*

**£10.75**

## **Sands Curry**

*Homemade Chicken Curry  
Served with Rice &/or Chips and a Poppadum*

**£9.75**

## **Stew & Herb Dumpling**

*Orkney Beef Stew topped with a Herb Dumpling*

**£10.75**

## **Homemade Lasagne**

*Beef or Vegetable Lasagne  
Served with Salad & Chips or Garlic Bread*

**£9.75**

## **Macaroni & Cheese**

*Served with Salad & Chips or Garlic Bread*

**£8.50**

## **Mince, Haggis & Tatties**

**£9.75**

*Gluten Free option available, please ask for more details*