



**GLUTEN FREE PASTA,
BREAD & OATCAKES
AVAILABLE**

The Boudingait



43 BONNYGATE, CUPAR KY15 4BU – TEL: 01334654681 – EMAIL:THEBOUDINGAIT@OUTLOOK.COM
WWW.THEBOUDINGAITCUPAR.CO.UK

To all of our lovely Vegetarians & Coeliacs

Please specify when ordering our vegetarian and gluten free options. We have a number of dishes with non Gluten ingredients. Policies are in place to ensure there is no cross contamination, however these items may be prepared along with Gluten containing ingredients.

WE DONT SERVE FAST FOOD ... WE SERVE FRESH QUALITY FOOD, AS FAST AS WE CAN...

TO START

HOMEMADE SOUP OF THE DAY (GF Option) (V) Served with fresh Bread & Butter	£4.95
NACHOS (GF) Crispy Nachos topped with Cheese, Jalapenos, Sour Cream & Salsa (ADD CHILLI FOR £2)	£4.95
CHEF'S OWN CHICKEN LIVER PATE (GF OPTION) Served with Oatcakes or Toast, Side Salad & Chutney	£5.25
HAGGIS FRITTERS Served with Chutney & Side Salad	£5.25
CHILLI & GARLIC KING PRAWNS Served with Garlic Bread	£5.75

PLEASE SEE OUR SPECIALS BOARD FOR TODAYS SPECIALS

LIGHT BITES

ALL SERVED WITH SIDE SALAD & VEGETABLE CRISPS

GARLIC & CHILLI PRAWN WRAP Pan fried in Garlic & Chilli in a Tortilla Wrap with Salad Leaves & a Garlic & Lemon Mayo	£8.95
CAJUN CHICKEN WRAP Chicken Breast pan fried in Cajun Spices served in a Tortilla Wrap with Salad Leaves & Sour Cream	£8.95
POSH FISH FINGER SANDWICH (GF OPTION) Homemade Fish Finger Goujon Sandwich with Salad Leaves & Tartare Sauce	£7.95
EGG & CHIPS (GF) (V) Steak cut Chips served with two Fried Eggs, plain & simple	£5.95
CHICKEN & PEPPER SKEWER (GF) Served with a Crunchy Thai Rice Salad & Naan Bread	£8.75

SIDES & SAUCES

Side Salad	£2.25
Bowl of Chips	£2.50
Bowl of Chips & Cheese	£3.00
Seasonal Vegetables	£2.50
Onion Rings	£2.50
Cheesy Garlic Bread	£3.00
Garlic Bread	£2.50
Sweet Potato Fries	£2.50
Cajun Fries	£2.50
Rice	£2.25
Garlic Mushrooms	£2.50
Mug of Soup	£2.95
Peppercorn Sauce	£2.50
Whiskey Sauce	£2.50
Sweet Chilli Sauce	£0.95
Garlic Mayonnaise	£0.95
Sour Cream	£1.00

STEAKS

SIRLOIN STEAK	£19.95
Prime 8oz Angus Steak Served with Chips & Side Salad	
Add Vine Ripened Tomatoes & Mushrooms	£2.50
Add Peppercorn or Whiskey Sauce	£2.50
GAMMON STEAK Served with Chips & Side Salad	£9.95
Add a Fried Egg or Grilled Pineapple	£1.00

THE BOUDINGAIT BURGER BAR

Your Choice of 100% PRIME Steak or Chicken Breast Fillet Burger

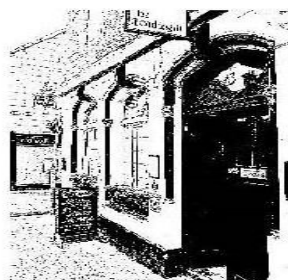
All served with Chips, Lettuce, Red Onion, Tomato, Side Salad & a Tangy Burger Sauce

CLASSIC – 100% PRIME STEAK BURGER Served just as it is	£9.95
CAJUN CHICKEN FILLET BURGER Chicken Fillet rubbed with Cajun Spices and pan fried	£11.45

ADD EXTRA TOPPINGS

Cheese, Bacon, Fried Egg, Haggis, Garlic Mushrooms or Jalapenos	75p each
Chilli-con-Carne or Garlic & Chilli Prawns	£1.50

TURN OVER FOR THE MAIN EVENT ...



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THE MAIN EVENT

MACARONI CHEESE (GF OPTION) (V OPTION)	£8.95
Creamy Macaroni Cheese, Served with Chips & Side Salad	
ADD CHERRY TOMATOES & BACON BITS	£2.50
CHEF'S OWN CAJUN CHICKEN BREAST FILLET (GF)	£10.95
HOT Pan Fried & served with Chips & Side Salad (Add Sour Cream on the side for £1)	
FRESH BEER BATTERED HADDOCK & CHIPS (GF OPTION)	£12.95
Served with Chips & your choice of Mushy or Garden Peas or Side Salad & Chef's own Tartare Sauce (optional)	
CHEF'S OWN CHICKEN GOUJONS (GF OPTION)	£9.95
Your choice of Breaded or Beer Battered 100% Chicken Breast strips, deep fried & served with Sweet Chilli Dipping Sauce or Garlic Mayo, Chips & Side Salad	
MCALPINE'S STEAK & ALE PIE	£12.95
Head Chef's special recipe of Tender Beef. Slow cooked the traditional way, topped with Puff Pastry, served with a choice of Potatoes or Chips & Seasonal Vegetables	
CHEF'S OWN CHILLI-CON-CARNE (GF)	£10.95
HOT Served with your choice of Rice or Chips & topped with Cheese & Sour Cream (optional)	
CHICKPEA, SWEET POTATO & SPINACH CURRY (VEGAN) (GF)	£9.95
A vegan Curry of Chickpeas, Sweet Potatoes & Spinach in a Coconut & Garlic Sauce, Served with Rice & Naan Bread	
CHILLI & GARLIC KING PRAWN LINGUINE	£11.95
Creamy Chilli & Garlic King Prawn Linguine served with Garlic Bread	

SOMETHING SWEET

CHEESECAKE OF THE DAY <i>(Please see our Specials Board)</i>	£4.95
Our Cheesecake of the Day served with Chantilly Cream & Berries	
CRÈME BRULEE	£5.75
Served just as it is with Caramelised Biscuits	
ETON MESS (GF)	£4.95
Meringue, Chantilly Cream & Seasonal Berries	
STICKY TOFFEE PUDDING (GF)	£5.25
Served Hot with Either Custard, Cream or Vanilla Ice Cream	
THREE LAYER HOT CHOCOLATE FUDGE CAKE	£5.25
Served with Cream, Custard or Vanilla Ice Cream	



PLEASE SEE OUR SPECIALS BOARD OR ASK A MEMBER OF STAFF FOR DETAILS OF ALL OF TODAY'S SPECIALS

An optional 10% charge will be applied to parties of 6 or more. All of our food is prepared daily therefore our menu is subject to availability. All ingredients may not be listed so please let your server know about any allergies or special dietary requirements