

We are proud to use Scottish sourced food in our cafe.
 Cooking with the world's best fresh produce is an absolute delight and we are sure you'll appreciate it as much as these kind people have!

“ A batter class of supper ”

Ron Mackenna, The Herald Magazine, April 2010

“ All Roads lead to TRFC, excellent thanks ”

Customer Feedback, March 2010

“ God's chip shop ”

Allan Brown, The Sunday Times, November 2009

“ ✓✓ Excellent food for the road ”

Peter Irvine, Scotland the Best, Great Cafes



Home Bakery

We have a selection of home baked goodies such as scones, millionaires shortbread and flapjacks. We don't use mixes because all our baking is

freshly prepared here in the cafe. We only serve scones on the day they are made. Why not treat yourself to one along with a cup of organic hot chocolate or freshly brewed coffee.



The Real Food Cafe, Tyndrum FK20 8RY
www.therealfoodcafe.com

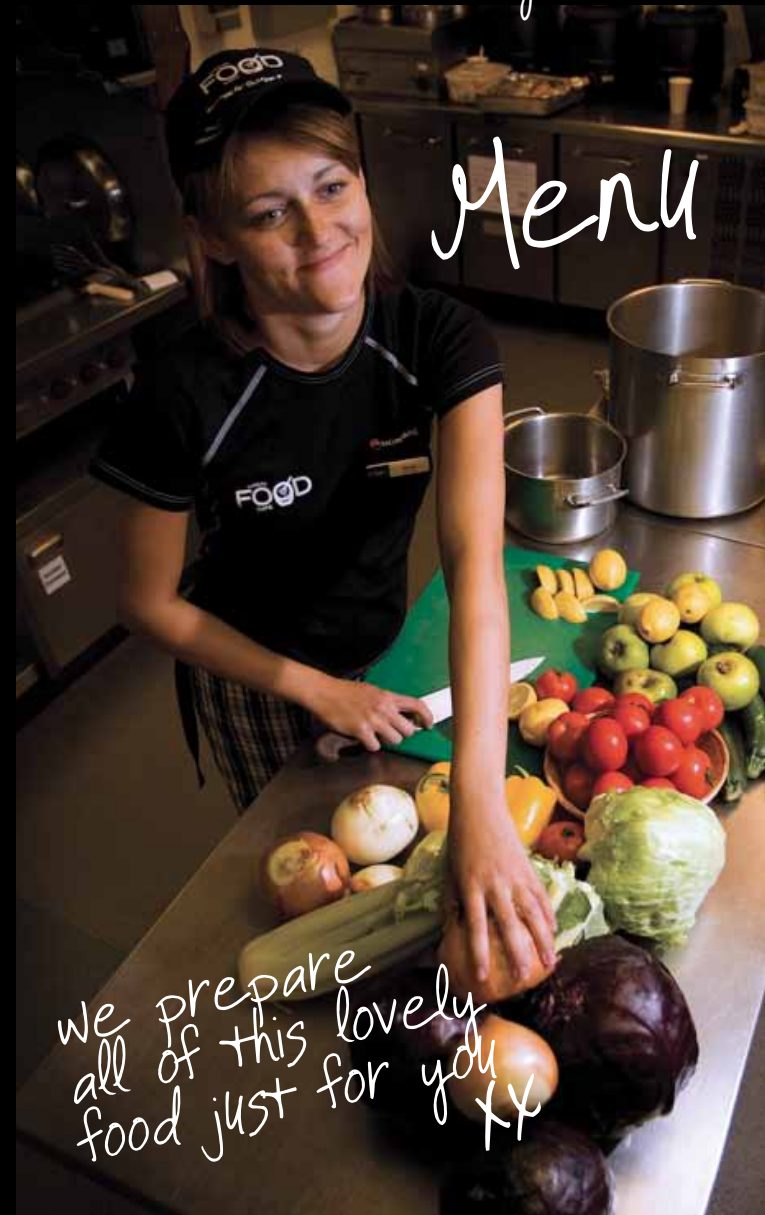


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Tyndrum

Menu



We prepare all of this lovely food just for you xx

Homemade Soup

All our Soups are made in the cafe from fresh ingredients (no mixes) and served with crusty bread and butter.

Vegetable soups	V(G)	£ 4.20
Fish soup	G	£ 4.50

Chicken

Half chicken oven roasted & chips	G	£ 6.95
Golden chicken nuggets & chips		£ 6.25

Vegetarian options

Large homemade onion rings	V(G)	£ 2.95
Mushroom tempura with garlic mayo	V	£ 3.95
Vegetable and chickpea curry & chips	V	£ 6.95
Homemade veggie rosti in bun (or salad)	V	£ 4.50
Veggie rosti in bun (or salad) with cheese	V	£ 5.00

Children's menu

Complimentary diluting juice included with each child's meal (It's for the children so hands off dad!)



Snack size fish supper		£ 4.45
Half sausage roll, chips & beans		£ 4.45
Single sausage, small chips & beans		£ 3.95
Quarter pound burger in bun & chips		£ 4.45
Golden chicken nuggets & chips		£ 4.45
Small portion of chips	V	£ 1.35

Curries

We make our popular curry sauce to our own recipe including plenty of mango chutney which gives an enjoyable sweetness.

Chicken curry & chips		£ 6.95
Vegetable and chickpea curry & chips		£ 6.95

Burgers

All our burgers are prepared from quality scotch beef from George McFadzean of Woodhead of Mailer, Perth. The beef travels a total of 80 'food miles' from the farm to the cafe. Cheese used is undyed Scottish cheddar.

No carbs burger in a lettuce bun		£ 3.45
No carbs burger with cheese in a lettuce bun		£ 3.95
Quarter pound burger in a bun		£ 4.25
Quarter pound burger & cheese in a bun		£ 4.75
Quarter pound burger in batter		£ 3.45
Fish burger (snack size) in a bun		£ 4.25
Wild venison burger from a local Estate		£ 4.75
Half pound deluxe burger with cheese		£ 6.95

The burger comes with cooked onion, tomato, lettuce, cucumber, barbecue sauce and mayonnaise.

Fish and Chips - our speciality

Haddock

Haddock is the traditional favourite in Scotland and a taste of ours will help explain why it is so popular with regular customers. Our Haddock is MCS certified and caught from sustainable stocks.

Snack size fish supper (half size)		£ 4.45
Haddock supper		£ 6.95
Large haddock supper		£ 7.95
Large special haddock supper (in bread crumbs)		£ 7.95
Standard gluten-free haddock supper	G	£ 7.95
Snack size gluten-free haddock supper	G	£ 4.95
Lightly baked haddock in a foil parcel with tomatoes, onions, mushroom & chips	G	£ 7.95

Coley

This fish is a highly recommended sustainable fish option. If you're concerned about stock levels you should definitely try this tasty fish.

Coley supper		£ 6.50
Large coley supper		£ 7.50

Fish Tea Deal

Standard haddock, chips, mushy peas, tartare sauce, buttered roll and a cup of tea £ 9.95



Afternoon Fish Tea (April-Oct Mon-Fri from 2pm till 5pm).

Snack size haddock supper, tartare sauce, cup of tea & a piece of cake (shortbread/tiffin/flapjack) £ 6.25

Scampi and Fish cakes

Scampi, chips and tartare sauce		£ 6.95
2 salmon & herb fish cakes & chips		£ 6.95

Side orders

Onion rings	V(G)	£ 2.75
Curry sauce	V	£ 1.10
Mango curry sauce	V	£ 1.25
Homemade mushy peas	V	£ 1.25
Gravy		£ 1.10
Beans	V(G)	£ 1.10
Pickled eggs		£ 0.50
Pickled onions or gherkins		£ 0.25
Homemade tartare sauce	V	£ 0.40
Buttered roll		£ 0.50

Homemade Chips

Standard chips	V(G)	£ 1.95
Large chips	V(G)	£ 2.75
Small chips	V(G)	£ 1.35
Cheesy chips	V(G)	£ 2.60
Large cheesy chips	V(G)	£ 3.40

Pies and Pastries

All our savoury pastries are handmade. The majority are made within the cafe, from meat supplied by Alastair Gourley from Crieff.

Steak pie, chips & gravy		£ 6.25
Scotch pie & chips		£ 4.95
"House pie", chips & gravy		£ 6.95

(The filling for the House pie varies seasonally, e.g. venison chicken, vegetable options).

Sausage and Puddings

All these products are handmade and supplied by Alastair Gourley of Crieff from farm assured meat. Sausages can be battered or griddled. Griddling takes longer but tastes great so please be patient if you want this option.

Breakfast style pork sausage & chips		£ 5.25
Large real smoked sausage & chips		£ 5.50
Large wild venison sausage with homemade red cabbage relish & chips		£ 5.75
Black pudding & chips		£ 5.50
White pudding & chips		£ 5.50
Haggis slices (2) & chips		£ 5.50

Salads

Seasonal side salad with seeds & dressing	V(G)	£ 3.45
Large seasonal side salads with seeds & dressing	V(G)	£ 4.95
Chicken and bacon salad		£ 8.25
Salar hot flaky smoked salmon salad	G	£10.45
Roast vegetable & pine kernel salad	V(G)	£ 8.25

Dessert



Fresh fruit homemade crumble served with custard		£ 4.95
The West Highland Way Hey Hey		£14.95

A super sharing pudding (ideal for 4-6) loaded with chocolate, marshmallows, ice cream, fruit, cream and a little surprise on top.

Breakfast menu

Bacon roll		£2.60
Lorne sausage roll		£2.60
Link sausage roll		£2.60
Egg roll (2 free range eggs)		£2.60
Bacon & egg roll		£3.20
Stornaway Black pudding roll		£3.50