



Starters/ Lite Bites



Cheese Souffle Twice Baked (V)£9.95

Twice Baked Souffle made with Appleby Creamery Chieftain Vintage Cheddar and a choice of sauce (Appleby Creamery's Black Dub Blue or Chieftain Vintage Cheddar Sauce)

Black Pudding & Goat's Cheese Crostini£9.95

Served with a salad garnish of lettuce leaves, peppers, tomatoes, red onion, cucumber, grapes, & a sweet chilli dip

Grilled Pepper & Goat's Cheese Crostini (V)£9.45

Served with a salad garnish of lettuce leaves, peppers, tomatoes, Red onion, cucumber, grapes & a sweet chilli dip

Garlic Mushrooms (V)£6.95

Sautéed in garlic & fresh cream or butter, served with garlic bread

Peeled King-Tiger Prawns.....£9.95

Sautéed in garlic & fresh cream or butter with garlic bread

Prawn Cocktail£9.95

Served on a green leaf salad with grapes topped with a Marie-Rose' sauce & served with a hunk of fresh baked bread

Torpedo Prawns Tempura Batter£9.95

Served with salad garnish and chilli or mayo dip

Home-made Soup (V)£7.45

Served with a hot crusty roll, please ask for choice of soup, 4 usually available

If you have a food allergy please discuss with a member of our staff before ordering food.



Our Favourite Specials

Gratin of Peeled King Tiger Prawns (10) £19.95

Grilled & topped with red onion, garlic, red chillies, double cream & melted cheddar cheese, with garlic bread

Fisherman's Pie Royale £19.95

Succulent fillets of Haddock, Salmon & Cod cooked in fresh creamy fish sauce seasoned with herbs & a hint of nutmeg, herbs drizzled in olive oil layered on top of rustic roast potatoes served with a medley of fresh steamed vegetables

Orkney Tattie Pot £19.95

A hearty one pot meal made with succulent locally sourced lamb and black pudding, casseroled in cider & vegetable stock with sliced apples & carrot, swede, leek, celery, onion, layered on top of sliced potato.

(our original version critically acclaimed by Simon Rogan in Sunday Times Food Lovers Guide)

Hungarian Beef Goulash (slow cooked) £19.95

Prime Orkney Brisket Beef

Served with Wild Rice or New Potatoes, Sourdough Bread

2 x 5oz Fletts Lamb Chop.....£21.95

grilled & served with minted gravy

comes with a choice of potatoes (please ask) served with a medley of fresh steamed vegetables

Potato Choices are: Chips, Mash, New Potatoes, Jacket Potato or (Dauphinois, Hasselback Potatoes, Sweet Potato Fries + 95p)

<p>If you have a food allergy please discuss with a member of our staff before ordering food.</p>
--

Our Pub Favourites

Lasagne..... £16.95

Lakeland Prime Beef with creamy béchamel sauce & with Parmesan cheese, & herbs drizzled in olive oil served with a choice of chips or garlic bread.

Cottage or Shepherds Pie..... £15.95

Orkney Prime Minced Beef / Lamb topped with creamy Mash, Cheddar Cheese & served with a medley of Steamed Vegetables

Green Peppercorn Chicken..... £16.95

Pan Fried Chicken Breast in a Creamy Green Peppercorn sauce served with asparagus spears and a choice of wild rice or potatoes see below.

Chicken, Leek & Mushroom Stroganoff..... £16.95

Sliced Chicken Breast cooked with cream, seasoned with paprika, black pepper, herbs served with a choice of wild rice or choice of potatoes see below.

Chicken Pasta £16.95

Sliced Chicken Breast, Spinach and Conchiglie Rigate pasta with a creamy White Wine & Parmigiano cheese sauce and a side of Mediterranean Salad

Lamb Leg Steak Tagine £21.95

*Slow cooked with haricot beans, onions, red peppers, raisins, red lentils, curry powder, turmeric, coriander, chilli, garlic, cumin, ginger, fennel, black pepper.
Served with sliced Moroccan style potatoes.*

Potato Choices are: Chips, Mash, New Potatoes, Jacket Potato or (Dauphinois, Hasselback Potatoes, Sweet Potato Fries + 95p)

<p>If you have a food allergy please discuss with a member of our staff before ordering food.</p>

Our Pub Favourites 2

The Stronsay Beastie Sausage £15.45

A Cumberland style sausage ,served with buttery mash with onion gravy, & a side of steamed fresh vegetables

Prime Orkney Rump Steak

Tender 6oz Rump Steak £18.95

Tender 9oz Rump Steak £21.95

Served with a side of Mediterranean Salad or Petit Pois, Onion Rings & a choice of Potatoes (please ask)

Gammon Steak a thick lean steak

12oz Gammon Steak £16.95

Served with poached egg, slice grilled pineapple, Petit Pois & a choice of Potatoes

Potato Choices are: Chips, Mash, New Potatoes, Jacket Potato or (Dauphinois, Hasselback Potatoes, Sweet Potato Fries + 95p)

Chicken Salad £15.95

*Baked in a choice of Herbs & Butter or Cajun Spice
Sliced & served on a Mediterranean salad bowl
with olives & feta cheese*

If you have a food allergy please discuss with a member of our staff before ordering food.

More Pub Favourites

Roast Dinner

Roast Lamb Rump Steak..... £19.95

*A slow cooked Rump of Lamb Steak
Served with a rich minted lamb gravy*

*served with, Roast Potatoes,
Broccoli, Carrots, Cabbage, Cauliflower,
Petit Pois & Yorkshire Pudding*

Roast Brisket Pave £19.95

*A slab of slow cooked Brisket Beef
served with a rich onion gravy*

*served with, Roast Potatoes,
Broccoli, Carrots, Cabbage, Cauliflower,
Petit Pois & Yorkshire Pudding*

Roast Breast of Chicken £15.95

*Sliced, served with, Roast Potatoes,
Broccoli, Carrots, Cabbage, Cauliflower,
Petit Pois & Yorkshire Pudding*

Children's Roast Dinner

Roast Breast of Chicken..... £8.45

Served with Petit Pois, Roast Potatoes, Yorkshire Pudding



If you have a food allergy please discuss with a member of our staff before ordering food.

Fish Dishes

2 Fish Cakes £14.95

Breaded succulent chunks of Haddock, Salmon, Cod, Potato with a creamy cheese sauce centre. Served with a Mediterranean leaf salad with a sweet chilli or mayonnaise dip

Whole Tail Breaded Scampi (12) £17.95

Served with chips & peas

Baked Haddock Fillets £18.95

2 fillets of Haddock seasoned with herbs & butter served with a a choice of potatoes & a medley of steamed vegetables

Baked Fillet of Salmon £18.95

Seasoned with basil infused olive oil served with a a choice of potatoes & a medley of steamed vegetables

Baked Sea Bass Fillets £18.95

2 fillets of Sea Bass seasoned with herbs & basil infused olive oil served with a a choice of potatoes & a medley of steamed vegetables

Potato Choices are: Chips, Mash, New Potatoes, Jacket Potato or (Dauphinois, Hasselback Potatoes, Sweet Potato Fries + 95p)

If you have a food allergy please discuss with a member of our staff before ordering food.

Our Vegetarian Menu

2 Goat's Cheese & Grilled Pepper Crostini (v) £14.95

*Served with a small bowl of Mediterranean leaf salad & sweet chilli dip
With a choice of potato*

Vegetable Jalfrezi-Pie (v) £14.95

*Filled with broccoli, cauliflower, potato, carrot, sugar snaps in a rich Jalfrezi
curry sauce (medium hot) with a choice of potato*

*Potato Choices are: Chips, Mash, New Potatoes, Jacket Potato
or (Dauphinois, Hasselback Potatoes, Sweet Potato Fries + 95p)*

Chickpea & Bean Tagine (v) £16.95

*With haricot beans, onions, red peppers, raisins, red lentils, curry powder,
turmeric, coriander, chilli, garlic, cumin, ginger fennel, black pepper. Topped
with sliced Moroccan style potatoes.*

Spicy Nut Roast (v) £16.95

*A variety of nuts (crushed), roasted with, mushrooms, onions, carrots,
swede, tomato & basil sauce a & herb seasoning. Served with a
vegetarian gravy, roast potatoes & fresh steamed vegetables*

<p>If you have a food allergy please discuss with a member of our staff before ordering food.</p>

Our Vegetarian Menu 2

Broccoli & Cheese Quiche £14.95

Freshly Baked with a short crust pastry base served with a choice of potatoes (please ask) and a side of Mediterranean salad or fresh vegetables.

Goats Cheese Tomato Basil & Pepper Tartlet £13.95

Freshly Baked with a short crust pastry base served with a choice of potatoes (please ask) and a side of Mediterranean salad or fresh vegetables.

Potato Choices are: Chips, Mash, New Potatoes, Jacket Potato or (Dauphinois, Hasselback Potatoes, Sweet Potato Fries + 95p)

Spinach & Ricotta Cannelloni £14.95

*With two cannelloni tubes filled with creamy Ricotta & Spinach on a bed of tomato, garlic & basil sauce topped with a white béchamel and creamy cheese.
Served with garlic bread or chips.*

Vegetable Sweet & Sour £13.95

*Filled with pineapple, broccoli, cauliflower, potato, carrot, sugar snaps.
Served with Wild Rice.*

If you have a food allergy please discuss with a member of our staff before ordering food.



Penny's Pies



Penny's Individual Pies & Quiches are Freshly Baked to Order with freshly rolled short crust pastry then oven baked with a choice of tasty fillings made with locally sourced ingredients & can take an additional 5-10 minutes to arrive at your table ...

Freshly Baked All Round Short Crust Pastry Pies

- Prime Steak & Ale Pie (slow cooked)£16.95*
- Prime Steak & Kidney Pie (slow cooked)£16.95*
- Brisket Beef Pie (slow cooked)£16.95*
- 'Penny,s' Lamb & Ale Pie (slow cooked)£16.95*
- Chicken, Leek & Mushroom Pie£15.95*
- Chicken Jalfrezi Pie£15.95*
- Venison Pie (slow cooked in Guinness, Red Wine & Port)£18.95*

All Served with a choice of potatoes, fresh vegetables or salad

Freshly Baked Quiche and Tartlets

- Bacon, Leek & Cheese Quiche £13.95*
- Broccoli & Cheese Quiche (V) £14.95*
- Goats Cheese Tart, Tomato, Basil & Peppers (V) · £13.95*
- Minced Beef & Onion topped with Cheesy Mash.... £14.95*
- Minced Lamb & Leek topped with Cheesy Mash.... £14.95*

Potato Choices are: Chips, Mash, New Potatoes, Jacket Potato or (Dauphinois, Hasselback Potatoes, Sweet Potato Fries + 95p)

If you have a food allergy please discuss with a member of our staff before ordering food.





Our CURRY'S



Chicken Curry

with a choice of curry sauces

Jalfrezi, Balti, Madras, Korma £17.95

Served with a choice of rice: Pilau or Plain White Rice and a Naan Bread with mini Poppadum's

King Prawn Curry

with a choice of curry sauces

Jalfrezi, Balti, Madras, Korma£19.95

Served with a choice of rice: Pilau or Plain White Rice and a Naan Bread with mini Poppadum's

Vegetable Curry (v)

with a choice of curry sauces

Jalfrezi, Balti, Madras, Korma £14.95

Served with a choice of rice: Pilau or Plain White Rice and a Naan Bread with mini Poppadum's

Beef Madras (Slow Cooked Prime Orkney Brisket Beef) £19.95

Served with a choice of rice: Pilau or Plain White Rice and a Naan Bread with mini Poppadum's

Fish (Haddock)

with a choice of curry sauces

Jalfrezi, Balti, Madras, Korma£15.95

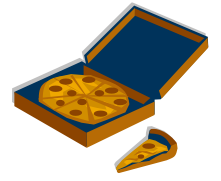
Served with a choice of rice: Pilau or Plain White Rice and a Naan Bread with mini Poppadum's

If you have a food allergy please discuss with a member of our staff before ordering food.





Penny's Pizzas



Penny's take on a pizza using a Naan bread base
Topped with passata sauce and mozzarella cheese

Freshly Made from £8.00 with a choice of the following additional toppings

• Pepperoni	1.75	• Feta Cheese	1.25
• Ham	1.75	• Onion	85
• Spicy Chicken	1.75	• Olives	1.75
• Mushroom	1.25	• Pineapple	1.25
• Spicy Beef	1.75	• Tuna	1.75
• Jalapenos	85	• Prawns	1.75
• Peppers	1.25	• Anchovies	1.75

Penny's Steak Burger..... £10.95

Fletts Steak Burger, served in a 5" floured bap With a choice of skinny or chunky chips, optional salad relish with tomato, lettuce, onion, mayo) (Cheese extra 50p)

Penny's Breaded Chicken Burger £9.95

Served in a 5" floured bap With a choice of skinny or chunky chips, optional salad relish with tomato, lettuce, onion, mayo) (Cheese extra 50p)

Side Orders

- * Chips £4.25
- * Skinny Fries £4.95
- * Sweet Potato Fries £5.95
- * Basmati Rice *(ask for different flavours)* £3.95
- * A Medley of Fresh Steamed Vegetables... £4.45
- * New Potatoes (Baked or Boiled) £3.95
- * Roast Potatoes £4.95
- * Hasselback Potatoes £4.95
- * Dauphinois Potatoes £4.95
- * Onion Rings £3.95
- * 3 Slices of Garlic Bread £3.75
- * A Slice of Garlic Bread 1.25p
- * 1 Naan Bread £2.95p
- * Crusty Bread Rolls (3) £3.75
- * 1 Crusty Bread roll 1.25p
- * A bowl of Mediterranean salad £3.95

Includes: cherry tomatoes, grapes, pineapple, cucumber, red onion, red green & yellow peppers, celery, apple, dressed with olive oil & a balsamic dressing

If you have a food allergy please discuss with a member of our staff before ordering food.

Puddings

Fruit Crumble *hot*..... £6.95

Bread & Butter Pudding *hot* £6.95

Chocolate Fudge Cake (*warmed*) £5.95

Sticky Toffee Pudding *hot* £6.95

Fruits of the Forest Meringue (*warmed*)•• £6.95

ALL PUDDINGS SERVED WITH EITHER
CUSTARD, FRESH DOUBLE CREAM OR ICE CREAM

Tropical Fruits Sorbet Sundae with Raspberry
Coulis..... £7.95

Morello Cherry Sponge Sundae £7.95

Sorbet: Orange Lemon, Apple, Strawberry,
3 Scoops of Sorbet £6.45

Ice Cream £5.45

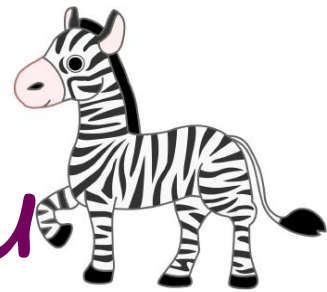
3 Scoops of
Orkney Ice Cream

SERVED WITH A CHOICE OF STRAWBERRY, RASPBERRY OR CHOCOLATE SAUCE

Fresh Cream Coffee Liqueur from £8.95

Liqueur of your choice, please ask what we have.

If you have a food allergy please discuss with a
member of our staff before ordering food.



Children's Menu

Please Note:-
This menu is for Children under 11 years
accompanied by an adult.

Mains

<i>Chicken Korma with Rice & Nan Bread</i>	£7.75
<i>Sausage, Skinny Chips & Beans or Peas</i>	£7.45
<i>Chicken Nuggets with Skinny Chips</i>	£7.95
<i>Cod Fish Fingers with Skinny Chips</i>	£7.95

<i>Children's Chicken Roast Dinner</i>	£8.45
<i>With Roast Potatoes, Yorkshire Pud & Petit Pois</i>	

Light Bites

<i>Cheese on Toast</i>	£3.95
<i>Beans on Toast</i>	£3.95

Side Orders

<i>Small bowl of skinny chips</i>	£2.65
<i>Peas or Beans</i>95p
<i>Crusty petit pain roll</i>	95p
<i>Garlic Bread</i>	95p

Puddings

<i>Trio of Vanilla Ice Cream</i>	£3.45
<i>Warm Chocolate Fudge Cake</i>	£3.95



If you have a food allergy please discuss with a member of our staff before ordering food.

