

# STARTERS

Our Small plates make perfect starters.

Why not mix 'n' March for a Scottish Tapas Experience

<b>Soup of the day</b>	£6
Served with crusty bread and Scottish butter	
<b>Scottish Langoustine ( 6 pc) (GF)</b>	£11
Josper chargrilled whole langoustines in garlic butter served with a chargrilled lemon and Marie rose sauce	
<b>Traditional Scottish Cullen Skink (GF optional)</b>	£9
Served with crusty bread with Scottish truffle whipped butter	
<b>Haggis &amp; Scottish Cheddar Cheese Cakes</b>	£8
Served with whisky cream sauce, peppered neeps & tatties	
<b>Highland Stovies (GF optional)</b>	£9
10 hour slow cooked Beef & Venison bound in mashed Maris Piper tatties, fried onions served with traditional Scottish oatcakes crust or gluten free oatcakes and beetroot	
<b>Fresh Scottish Mussels</b>	£9
Served in a classic White wine, Cream sauce & crusty bread or Thai sauce	
<b>Highland Nachos (VG Optional)</b>	£9
Smoked Josper roasted & shredded chicken, haggis cheese sauce, guacamole & sour cream	
<b>Angry Scotschman Scotch Egg</b>	£9
Pork scotch egg, with garlic, scotch bonnet chilli & Scottish whisky braised onion Jam	
<b>Chimichurri Chicken Skewer (GF)</b>	£8
Josper chargrilled chicken skewer served with crisp dressed salad and cilantro chimichurri sauce and chips	

**MIX 'N' MATCH 3 FOR £23**

Perfect for sharing with a glass of Red of White or one of our local beers.

## SIDES £4.5

Mac 'n' cheese - House Salad - Pepper sauce - Chips - Onion Rings - Slaw Sweet Potatoes Fries

## SALADS

<b>The super Food Aye Eat Salad Bowl (V) (VG)</b>	£10
Quinoa, shredded red cabbage, broccoli florets, garden peas, beansprouts, courgettes with Fresh Mint, Basil, chili and lemon olive oil dressing . [Add chicken £3]	
<b>King Prawn Salad</b>	£16
King Prawn Salad - BBQ garlic king prawn skewer on our signature house Aye Eat salad	
<b>Mediterranean olive salad (VG)</b>	£13



## FROM THE **Josper**® GRILL

Aberdeen Angus 8oz ( 230g) Sirloin Steak	£30
Aberdeen Angus 8oz ( 230g) Rump Steak	£25
Aberdeen Angus 8oz ( 230g) Ribeye Steak	£27
Aberdeen Angus 8oz ( 230g) Fillet Steak	£38
<i>Steaks come with chunky chips, cooked tomato, mushroom and option of sauce</i>	
10oz (280g) Highland Cow Sirloin, Onion Rings & choice of Sauce	£47
22oz Tomahawk Aberdeen Angus, Onion Rings, Chips & Two sauces <b>(For 2)</b>	£80

**Sauces: Black & Pink Peppercorn sauce - Mushroom sauce - Roquefort - Dianne**

Make it a langoustine Surf 'n' Turf for £9

<b>Aye Eat Burger (GF Optional)</b>	£16
Flame grilled in a toasted brioche bun, lettuce, tomato, dill pickle, home made burger sauce. Served with chips. Add cheese 1.5 Add bacon 1.5	
<b>Highland Chef's Own Burger (GF Optional)</b>	£17
Steak burger topped with black pudding , haggis, Scottish cheddar cheese on toasted brioche bun with caramelized onions. Served with chips	
<b>The Hunters Chicken Burger (GF Optional)</b>	£16
Chargrilled chicken breast on a toasted brioche bun topped with smoky bacon and Scottish cheese, baby gem lettuce and sliced tomato. Served with chips	
<b>Chimichurri Chicken Skewer (GF)</b>	£15
Josper chargrilled chicken skewer served with crisp dressed salad and cilantro chimichurri sauce and chips	

## LOCAL HEROES...

<b>Real Highland Pie</b>	£16
Braised Scottish Beef & Venison Pie, in pastry, with neep Puree and Mash potato Smothered in rich Cromarty Ale	
<b>Braveheart Bangers</b>	£15
Locally sourced Venisson Sausages, Seasonal Veg & Mash Topped with Cromarty Ale	
<b>The Mac-culloden (VG)</b>	£13
Rich & Creamy Scottish cheddar Macaroni Cheese topped with crispy onions Add Haggis £2.5 Add Seafood £4	
<b>Highland Stovies (GF optional)</b>	£16
10 hour slow cooked Beef & Venison bound in mashed Maris Piper tatties, fried onions served with traditional Scottish oatcakes crust or gluten free oatcakes and beetroot	
<b>Robert Burns Burger (VG)</b>	£13
The chef's special veggie haggis, neeps and tatties burger served on toasted brioche with whisky vegan mayo, baby gem lettuce and sliced tomato with side of chips	

# FRESH SCOTTISH SEAFOOD

<b>Seafood Tagliatelle</b>	£18
Chefs selection of local, ethically and Sustainably sourced fresh fish, in a rich creamy white ine and garlic sauce	
<b>Pan Fried King Scallops</b>	£17
Fresh pan fried scallops and chorizo salad	
<b>Fish &amp; Chips</b>	£16
Fresh Deep Fried Haddock battered, chunky chips, homemade tartare sauce, peas	
<b>Whole Scottish Mackerel</b>	£18
Whole Fresh Scottish Mackerel with Samphire and tomato salad	
<b>Langoustines</b>	6pc - £11 / 12pc £20
Creel caught langoustines served with tomato gaspacio and salad	
<b>Locally sourced Mussels (GF Optional)</b>	£14
Thai or classic style Scottish Mussels served with crusty bread	
<b>Seafood Platter (For 2)</b>	£70
Chefs selection of locally sourced seafood, including langoustines, scallops, whole mackerel, mussels and Scottish smoked salmon. Add 1/2 Lobster £40 Add Whole Lobster £75	

## LUNCH MENU

Monday to Friday between 12 - 4:30

**2 course £15 3 course £18**

### STARTER

Fresh soup of the day

Highland Nachos

Haggis & Scottish Cheddar Cheese Cakes

### MAIN

Aye Eat Signature burger

Highland Stovies

Mussels in Thai broth or white wine sauce

The super Food Aye Eat Salad Bowl [Add chicken £3]

### DESSERT

Irn Bru cheesecake

Cranachan

Sticky Toffee Pudding



GF: Gluten Free - VG: Vegetarian - V: Vegan

If you have a food allergy, intolerance, or sensitivity, please speak to your server about ingredients in our dishes before you order your meal

We cannot promise that there will be no traces of nuts in the ingredients

# DESSERTS

- Raspberry & Honey Cranachan (GF) (VG)** £7  
Fresh local raspberries with cream, oats and dash of Scottish whisky
- Deep Fried Mars Bar (VG)** £6  
Scottish favourite! Deep fried mars bar served in cone with Irn Bru ice cream
- Loch Ness Ice Cream** £2  
Choices of Tablet, Irn Bru, Scotch Whisky, Strawberry, Vanilla or Chocolate (£2.00 per scoop)
- Irn Bru Cheesecake (VG)** £7  
Served with Irn Bru Loch Ness Ice cream
- Sticky Toffee Pudding (VG)** £7  
Served with Vanilla Loch Ness Ice cream
- Artisan Scottish Cheese Board (VG)** £10  
4 cheeses of the day, served with grapes, oat cakes and chutney

# KIDS MENU - £5

- Aye Eat a Wee Burger (GF Optional)**  
Served with skinny fries

- Easy Cheesy Pasta (VG)**  
Served with skinny fries

- Mini Steak - 80g (GF)**  
Served with skinny fries and peas

- Mini Aye Eat Sausages**  
Served with beans and skinny fries

- Mini Chicken Nuggets**  
Served with skinny fries and peas

# SOFT DRINKS

- Soft drink (Half pint/ Pint)** £3 / £3.85  
Coke, Diet Coke, Coke zero, Fanta, Lemonade
- In Bru - Scotland (330ml)** £3
- Guarana - Brazil (330ml)** £3
- Juice** Orange, Apple £3
- Appletiser** £3
- Fever Tree** £3
- Fruit Shoot** Orange, Blackcurrant £2.50

# TEA/COFFEE

- Nessie Tea** £3  
Highland Blend Back tea
- Whisky Tea** £3.50
- Heather Tea** £3.50
- Thistle Tea** £3.50
- Latte** £4.50
- Americano** £3.50
- Espresso** £3.50
- Cappuccino** £4.50
- Hot Chocolate** £4.50

- Loch Ness Water (100ml)** £5
- Loch Ness Water Still/Sparkling - 330ml/750ml** £2.60/ ££4.5

# COCKTAILS 125ml £5.95

- Smirnoff Espresso Martini
- Smirnoff Passion Fruit Martini
- Gordon's Pink Martini
- Captain Morgan Strawberry Daiquiri

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# BEERS

- DRAFT** Half pint £3.50 / Pint £5.50
- Cromarty Lager - 4.4%**      **Craft Loch Ness Lager - 4.5%**
- Cromarty Happy Chappy IPA 4.1%**      **Craft HoppyNess IPA - 5.0%**
- BOTTLES & CANS** £5.50
- Cairngorm: Gold/ Stag/ Light Ness/ Dark Ness - 500ml**
- Dog Falls**
- Heineken No Alcohol - 330ml - 0.0% - £4.00**

# CIDERS Bottle 500ml £5.50

- Thistly Cross - Apple - 4.4%**
- Thistly Cross - Scottish Fruits - 4.0%**
- Thistly Cross - Whisky - 6.9%**

# WHISKY

- Talisker Skye** £6.50
- Glenmorangie - 10 years old** £6.50
- Tomatin - 12 years old** £8
- Tomatin - 14 years old** £11
- Dalmore - 12 years old** £9.50
- Dalmore - 15 years old** £12
- Ardbeg - 10 years old** £8.50
- Raasay Single Malt** £7.5
- Glenfiddich - 12 years old** £6.50
- Macallan - 12 years old** £9
- Highland Park - 12 years old** £7
- Singleton - 12 years old** £8.50

# GIN

- Isle of Harris** £5.25
- Great Glen - Scottish** £4.50
- Great Glen - Pink** £4.50
- Great Glen - Inverness** £4.50
- Edinburgh** £4
- Rock Rose** £5
- Lind & Lime** £5
- Gordon's** £4.35
- Hendrick's** £4.35

# SPARKLING Bottle

- Adria Vini Mirabello Prosecco Spumante NV** £26  
A Fresh and gently fruity fizz from northeast Italy (Veneto) with citrus and green apple aromas.
- Moët & Chandon Impérial Brut Champagne 75cl** £66

# ROSE WINES 175ml Glass /Bottle

- Cuvee Jean Paul Rose - France** £5.50/ £22.50  
Expressive nose with notes of red grapefruit, pear and orange peel. The palate is fruit-forward with touches of green apple, orange and strawberry. The finish is minerally with notes of tart fruit
- Waterkloof Circumstane Cape Coral Rose - South Africa** £30  
Plush, pale and posh Cape Rosé. A more grown up, crisp Rosé

# RED WINES 175ml Glass /Bottle

- Bodegas Alceno Barinas Tempranillo 2023 - Spain** £5.50/ £22.50  
Bold and punchy with warm, ripe blackberries and black plum and a hint of smoke on the finish
- Amauta Absoluto Malbec - Argentina** £8.50/ £36  
Ruby red colour with a perfumed nose of violet and fresh red berry fruits - strawberry, raspberry and cherry
- Coniviale Pimitivo - Italy (Puglia)** £25.50  
A warm, richly flavoured red with aromas of plums, dried fruits and sweet spices
- Cairn o' Mohr Gangs wi'Haggis - Scotland - Perfect to pair with haggis** £22  
A blend of the Bramble and Autumn oak leaf wine
- Sixty Clicks Shiraz/Mataro - Australia** £30  
Soft, open, chocolatey fruit has a clove note with a palate of fresh brambly, cherry-red fruit
- Domaine de Castelnau L'enclos Merlot-Cabernet Sauvignon** £27.50  
Vibrant deep berry red. Aromas of blackcurrant buds, raspberry and a note of menthol.
- The Crusher Pinot Noir - USA** £40  
A warm and inviting bouquet, aromas of wild cherry, raspberry and toasted cedar

# WHITE WINES 175ml Glass /Bottle

- Barinas Sauvignon Blanc - Spain** £5.50/ £22.50  
Extremely intense aromas of kiwi, white flowers, some gooseberry and ice cream.
- Les Volet Chardonnay - France** £6 / £26  
Zesty acidity gives way to green apple and brioche notes.
- Cavit Terazze Della Luna Pinot Grigio - Italy** £27  
A zesty wine with excellent concentration and depth
- Roundstone Sauvignon Blanc - New Zealand** £32  
Classically bright and vibrant Marlborough Sauvignon
- Terra de Falanis Bla Bla Bla - Spain** £36  
Bursting with fresh fruit, herbaceous with subtle anise, easy to drink with good depth
- Quinta de La Rosa Branco - Portugal** £39  
Lively and focused with excellent acidity. Grapefruit and lemon zest

# About us



David and Roberta Shayer moved to Inverness in 2019 after the traumatic birth of their first daughter (she is fine now!). They run Aye Stay Guest House and have 3 children (Sophia, Anna & Scott). The passion for food and great hospitality prompted them to open Aye Eat on 12 April 2024 after a year long project converting a former shop. They believe the flavours from the Josper grill make the Scottish produce unforgettable!



**Aye Eat**  
Password: ayeeatere

