

STARTERS

Our Small plates make perfect starters.

Why not mix ‘n’ March for a Scottish Tapas Experience

Soup of the day (GF) (VG) (V) Served with crusty bread and Scottish butter	£6
Traditional Scottish Cullen Skink (GF optional) Served with crusty bread with Scottish butter	£9
William Wallace Haggis Monument (GF optional) With peppered neeps & tatties served with creamy whisky sauce	£8
Highland Stovies (GF Optional) 10 hour slow cooked Beef & Venison bound in mashed Maris Piper tatties, fried onions served with traditional Scottish oatcakes crust & beetroot	£9
Fresh Scottish Mussels (GF optional) In a classic white wine & coconut milk sauce served with crusty bread	£9
Angry Scotsman Scotch Egg Pork scotch egg with garlic, scotch bonnet chilli & Scottish whisky sauce	£9
Chimichurri Chicken Skewer (GF) Josper chargrilled chicken skewer with pepper and onion. Served with crisp dressed salad and cilantro chimichurri sauce	£9
Highland Cow meat Skewer (GF) Josper chargrilled Highland Cow skewer with cherry tomatoes & Leek. Served with crisp dressed salad and whisky sauce	£12

MIX ‘N’ MATCH 3 FOR £16

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

SIDES £4.5

Mac ‘n’ cheese - House Salad - Chips - Onion Rings
Sweet Potatoes Fries - Mash Potatoes - Roasted vegetables

SALADS

The Super Food Aye Eat Salad Bowl (VG) (V) Quinoa, mixed leaves, broccoli, garden peas, beansprouts, courgettes, beetroot hummus, cherry tomato, crispy chickpeas with Fresh Mint, Basil, chili and lemon olive oil dressing. Add chicken £3	£13
Salmon Salad Cooked Salmon fillet on our signature Super Food Aye Eat Salad	£17

Please ask for the Allergen chart



FROM THE Josper® GRILL

Aberdeen Angus 8oz (230g) Sirloin Steak £30

Aberdeen Angus 8oz (230g) Ribeye Steak £27

Aberdeen Angus 8oz (230g) Fillet Steak £38

Served with chunky chips, cooked tomato, mushroom & choice of sauce

Option of Sauces: Black & Pink Peppercorn

Béarnaise - Whisky - Chimichurri

Chef's choice - For 2 people

22oz Tomahawk Steak - Aberdeen Angus (For 2)

Served with Onion Rings, Chips & Two sauces

Allow 20 minutes to cook

£70



Aye Eat Burger (GF Optional)

100% Scottish beef Flamed grilled in a toasted brioche bun, lettuce, tomato & burger sauce.

Served with chips. Add cheese £1.5 Add bacon £1.5 *Eat like a Highlander - add Haggis £1.50*

£16

The Hunters Chicken Burger (GF Optional)

Chargrilled chicken breast on a toasted brioche bun topped with smoky Josper bacon, BBQ sauce, Scottish cheese, baby gem lettuce & sliced tomato. Served with chips

£16

LOCAL HEROES...

Real Highland Pie

Braised Scottish Beef & Venison Pie in pastry, with garnish of Mash potato and seasonal vegetables. Served with rich gravy

£18

Braveheart Bangers

Locally sourced Venison Sausages, garnish of mash & seasonal veg smothered in rich gravy

£15

The Mac-culloden (VG)

Rich & Creamy Scottish cheddar Macaroni Cheese topped with crispy onions

Add Haggis £1.50 Add Mix fish (salmon & Haddock) **£2.50**

£13

Highland Stovies (GF Optional) *16th Century recipe*

10 hour slow cooked Beef & Venison bound in mashed Maris Piper tatties, fried onions served with traditional Scottish oatcakes crust & beetroot

£16

Robert Burns Burger (GF Optional) (VG) (V)

Chef's special veggie burger on toasted brioche with whisky vegan mayo, baby gem lettuce and sliced tomato with side of chips. **Add veggie haggis £1.50**

£13

FRESH SCOTTISH SEAFOOD

Salmon Tagliatelle

£18

Cooked Salmon fillet & Mussels tagliatelle in a coconut milk, wine and spinach sauce

Fish & Chips

£16

Fresh Deep Fried Haddock battered, chips, tartare sauce & peas

Langoustines (GF)

6pc - £11 / 12pc £20

Creel caught langoustines served with chips

Locally sourced Mussels (GF Optional)

£14

In a classic white wine & coconut milk sauce served with crusty bread

KIDS MENU

£5.95

Aye Eat a Wee Burger (GF Optional)

Served with chips

Easy Cheesy Pasta (VG)

Served with chips

Mini Chicken Nuggets

Served with chips and peas

Mini Aye Eat Sausages

Served with chips and peas

Mini Steak - 80g (GF)

[Supplement £2]

Served with chips and peas

LUNCH MENU

Monday to Friday between 12 - 4:30

2 course £18 3 course £23

STARTER

Fresh soup of the day (GF) (VG) (V)

Angry Scotsman Scotch Egg

William Wallace Haggis Monument (GF Optional)

MAIN

Aye Eat burger (GF Optional)

[Add cheese/bacon/haggis £1.5 each]

Highland Stovies (GF Optional)

Fish and Chips

The Super Food Aye Eat Salad Bowl (VG) (V)

[Add chicken £3]

DESSERT

[Add Salmon £3]

Irn Bru cheesecake (V)

Cranachan (VG)

Sticky Toffee Pudding (VG) (V)



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

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WHITE WINES175ml Glass /Bottle

Bantry Bay Chenin Blanc - South Africa (V) - £5.50/ £22.50
Delicate floral notes and subtle pineapple fruit, joined by striking lemon and grapefruit flavours

Crescendo Pinot Grigio - Italy (V) - £5.70/ £23
A clean and fruity wine with lots of citrus and ripe pear flavours. Dry and crisp with refreshing finish

Kokako Sauvignon Blanc - Malborough - £6.90/ £28.50
Gooseberry, pink grapefruit and tropical passionfruit with a citrus backbone

Barinas Sauvignon Blanc - Spain - £22.50
Extremely intense aromas of kiwi, white flowers, some gooseberry and ice cream.

Roundstone Sauvignon Blanc - New Zealand - £32
Classically bright and vibrant Marlborough Sauvignon

Cavit Terazze Della Luna Pinot Grigio - Italy - £27
A zesty wine with excellent concentration and depth

Come Pulpo y Bebe Vino Albariño - Spain (V) - £27.50
The wine is very fresh and presents aromas of apple, lime or lemon

Picpoul de Pinet, Ormarine Sea Pearl - France (V) - £32
A snappy nose of lemon and lime fruit, with vibrant green apple. A racy wine with a lipping finish

Wild Ocean Chardonnay - South Africa - £26
Ripe tropical fruit with layers of richness present due to aging in oak

Les Volet Chardonnay - France - £26
Zesty acidity gives way to green apple and brioche notes

Quinta de La Rosa Branco - Portugal - £39
Lively and focused with excellent acidity. Grapefruit and lemon zest

Terra de Falanis Bla Bla Bla - Spain - £36
Bursting with fresh fruit, herbaceous with subtle anise, easy to drink with good depth

ROSE WINES175ml Glass /Bottle

Two Birds, One Stone - France (V) - £5.70/£23
Full of summer fruit flavours, a dash of sweet spice and a hint of sweetness

Balade Romantique - France - £26.50
Bursting with aromas of stone fruit, rasperry, strawberry and white flowers

Waterkloof Circumstane Cape Coral Rose - South Africa - £30
Plush, pale and posh Cape Rosé. A more grown up, crisp Rosé

SPARKLINGBottle

Apericena Prosecco - Italy - 20cl £9.50 / £75cl -£26
Delicate and aromatic with fine bubbles. This wine carries lots of fresh peach, pear and an elegant zest

Moët & Chandon Impérial Brut Champagne 75cl - France - £66
Crisp and refreshing, but rich and ripe and full of stone fruit flavours. Think peach and lemon zest

SCOTTISH WINE

Cairn o’ Mohr Gangs wi’Haggis - Scotland - £22
A blend of the Bramble and Autumn oak leaf wine
Perfect to pair with haggis

Cairn o’ Mohr Strawberry wine - Scotland- £21
A strawberry staccato with a frothy, creamy style splurge. Each bottle is packed with almost a pound of big, juicy, aromatic strawberries from the berry fields of Perthshire

Cairn o’ Mohr Gooseberry & Elderflower wine - Scotland- £21
Plump, flavour loaded gooseberries from Fife bathed in an elderflower infusion. Juicy, lemony, white pepperish and gingery



RED WINES175ml Glass /Bottle

Languore Sangiovese - Italy (V) - £5.50/ £22.50
Its aromatic profile combines ripe cherry and blackberry

Valle Antigua Merlot - Chile - £5.90/ £24
Soft and plummy this wine possesses harmonious fruit flavours and just a touch of oak flavour

Romero Gonzalez Malbec - Argentina (V) - £6.40/ £26
This is an elegant, juicy Malbec with lots of pure blackcurrant fruit character

Bodegas Alceno Barinas Tempranillo 2023 - Spain £22.50
Bold and punchy with warm, ripe blackberries and black plum and a hint of smoke on the finish

Amauta Absoluto Malbec - Argentina - £36
Ruby red colour with a perfumed nose of violet and fresh red berry fruits
Sixty Clicks Shiraz/Mataro - Australia - £30
Soft, open, chocolatey fruit has a clove note with a palate of fresh brambly, cherry-red fruit

Toast & Honey Cabernet Sauvignon - USA - £32
Formidable Californian Cabernet Sauvignon, with toasted cedar notes and ripe black berry and cherry

Conde De Castile Rioja Crianza - Spain (V) - £27
Full of black fruit with hints of cocoa, clove and cinnamon. Supple tannins tempered by lush sweet oak

Mozzafiato Primitivo - Italy (V) - £28
Mouth-coating palate of dried prune, date and cherry, with notes of sweet spice and a lick of chocolate

Conviviale Primitivo - Italy (Puglia) £25.50
A warm, richly flavoured red with aromas of plums, dried fruits and sweet spices

Domaine de Castelnau L'enclos Merlot-Cabernet Sauvignon £27.50
Vibrant deep berry red. Aromas of blackcurrant buds, raspberry and a note of menthol.

St Desir Pinot Noir - France (V) - £30
Showing violets and sweet red berries on the nose, the palate is light, velvety and intricate

The Crusher Pinot Noir - USA - £24
Warm and inviting bouquet, aromas of wild cherry, raspberry and toasted cedar

La Vieille Ferme - France - £21.50
Rich, spicy nose with a dominant ripe fruit flavour

SOFT DRINKS

Loch Ness Water Still/Sparkling 330ml £2.60

Loch Ness Water Still/Sparkling 750ml £4.50

Soft drink (Half pint/ Pint) £3 / £3.85

Coke, Diet Coke, Coke zero, Fanta, Lemonade

Orange Juice Lemonade (Half pint/ Pint) £3 / £3.85

Irn Bru - Scotland (330ml) £3.00

Guarana - Brazil (330ml) £3.00

Juice - Orange, Apple £3.00

Appletiser £3.00

Fever Tree £3.00

Kids Fruit Shoot Orange, Blackcurrant £2.50

Ginger Beer £3.00

Loch Ness Water (100ml) Presentation box £5.00

BEERSHalf pint £4 / Pint £6.50

DRAFT
Loch Ness Lager - 4.5%

Aye Eat Lager - 4.4%

HoppyNess IPA - 5.0%

Cromarty Happy Chappy IPA 4.1%



BOTTLES & CANS£5.50

Cairngorm Gold - 4.5%

Cairngorm Stag - Scottish Ale - 4.1%

Light Ness - Loch Ness - 3.9%

Dark Ness - Loch Ness - 4.5%

Dog Falls

Heineken No Alcohol - 0.0% - £4.00

CIDERS£5.50

Thistly Cross - Apple - 4.4%

Thistly Cross - Scottish Fruits - 4.0%

Thistly Cross - Whisky - 6.9%

WHISKY25cl/ 50cl

Talisker Skye £6.50/ £12

Glenmorangie - 10 years old £6.50/ £12

Tomatin - 12 years old £8/ £15

Tomatin - 14 years old £11/ £20

Dalmore - 12 years old £9.50/ £18

Dalmore - 15 years old £12/ £23

COCKTAILS125ml - £5.95

Smirnoff Espresso Martini - 12.5%

Smirnoff Passion Fruit Martini - 12.5%

Captain Morgan Strawberry Daiquiri - 10%

Gordon’s Pink Martini - 10%

Ardbeg - 10 years old £8.50/ £16

Raasay Single Malt £7.50/ £14

Glenfiddich - 12 years old £6.50/ £12

Macallan - 12 years old £9/ £17

Highland Park - 12 years old £7/ £13

Singleton - 12 years old £8.50/ £16

GIN25cl/ 50cl

Isle of Harris £5.25/ £10

Great Glen - Scottish £4.50/ £8

Great Glen - Pink £4.50/ £8

Great Glen - Inverness £4.50/ £8

Lind & Lime £5/ £9

Edinburgh £4/ £7

Rock Rose £5/ £9

Gordon’s £4.35/ £8

Hendrick’s £4.35/ £8

SPIRITS25cl/ 50cl

Misty Isle - Scotland Vodka

Smirnoff Vodka £3.50

Jack Daniels £3.50

Captain Morgan £3.50

Sierra Tequila £3.50

Drambuie £4.50

Add Fever Tree Tonic £3.00

TEA/COFFEE

Nessie Tea £3.00 Latte £4.50

Highland Blend Back tea Americano £3.50

Whisky Tea £3.50 Espresso £3.50

Heather Tea £3.50 Cappuccino £4.50

Thistle Tea £3.50 Hot Chocolate £4.50



Wi Fi - Aye Eat
Password: ayeeathere



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!

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