



the **flask**

the place
TO EAT &
the place
TO MEET

DINNER MENU

the flask, 26 windmill street, saltcoats
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STARTERS

CREAMY MUSHROOMS AU GRATIN £3.95

Sauteed with garlic and cream and presented on garlic bread with grilled mozzarella cheese

PRAWN COCKTAIL £4.35

Plump prawns in a brandy Marie Rose sauce with crisp salad and buttered brown bread

HOMEMADE CHICKEN LIVER PATE £4.25

Served with garlic bread and Cumberland sauce

HOMEMADE SOUP OF THE DAY £2.95

Served with crusty roll and butter

MOULES MARINIÈRE £4.85

Fresh mussels steamed in white wine and garlic finished with either CREAM AND CHOPPED PARSLEY or NAPOLI AND BASIL SAUCE

MARINATED TIGER PRAWNS £4.85

Large whole head-on prawns marinated in garlic and chilli, grilled and served with lemon

CULLEN SKINK £3.75

A traditional Scottish soup made with smoked haddock, potatoes and cream.

HAGGIS, NEEPS AND CHAMPIT TATTIES £4.35

A tower of local haggis, mashed turnip and mashed potatoes, served on a pool of whisky cream sauce

BREADED MUSHROOMS £3.95

Deep fried and served with garlic mayonnaise

TEMPURA – CHICKEN • VEGETABLE • PRAWN

Chicken, vegetables or prawns deep fried in Japanese-style tempura batter served with garlic mayo and sweet chili sauce.

	FOR ONE	FOR TWO
CHICKEN	£4.35	£6.45
VEGETABLE	£4.35	£6.45
PRAWN	£4.45	£6.55
MIXED	£4.55	£6.65

Combo Platter £6.95

Breaded mushrooms, chicken tempura, whole tail scampi, onion rings and Hippy fries served with garlic mayo and sweet chilli sauce

MAINS

TRADITIONAL STEAK PIE £6.95

Tender braised beef in gravy with flaky pastry, served with potatoes or French fries and seasonal vegetables

PEPPERED CHICKEN £6.95

Chargrilled chicken breast topped with pepper sauce, served with potatoes or French fries and seasonal vegetables

HIGHLAND CHICKEN £7.25

Chargrilled chicken breast topped with local haggis and topped with pepper sauce. Served with potatoes or French fries and seasonal vegetables

HALF ROAST CHICKEN AND BACON £7.55

Served with roast gravy, potatoes or French fries and seasonal vegetables

LIVER AND ONIONS £7.55

Grilled lambs liver with sauteed onions and rich gravy.

GRILLED GAMMON STEAK £6.95

Topped with either pineapple, fried egg or melted cheddar. Served with potatoes or French fries and seasonal vegetables

FAJITAS – STEAK • CHICKEN • VEGETABLE £7.55

Sauteed with onions, mushrooms and peppers, served with warm tortillas, salsa sauce, sour cream and mozzarella

BLACKENED CHICKEN £7.25

Panfried chicken with Cajun seasoning and mild curry sauce. Served with rice and chips or potatoes

STROGANOFF £6.65

CHICKEN • BEEF • MUSHROOM

Strips of meat sautéed with mushrooms and onions, finished with cream, brandy, and French mustard. Served with rice and new potatoes or French fries.

STEAKHOUSE

All our beef is of the highest Scottish quality, cooked over charcoals to your preference. All garnished with mushrooms, tomato, fresh onion rings, seasonal vegetables and either potatoes or French fries

RIB EYE STEAK	8oz £8.95	12oz £10.95
SIRLOIN STEAK	8oz £10.95	12oz £12.95
FILLET STEAK	8oz £13.95	12oz £16.95
T-BONE STEAK		16oz £15.95

CHARGRILLED CHICKEN £6.95

All of the above steakhouse selections can be served with your choice of the following fresh sauces

AU POIVRE - Cracked black pepper, cream and brandy £1.25

DIANE - French mustard, mushrooms, cream and brandy £1.25

CALEDONIA - Local haggis and au poivre sauce £1.45

STEAK ROSSINI + £1.95

Your choice of steak, cooked to your liking with red wine and mushroom gravy, set on a pate crouton

FROM THE SEA

FRESH FILLET OF HADDOCK £6.95

Breaded, battered or grilled haddock with tartare sauce, served with potatoes or French fries and seasonal vegetables

DEEP FRIED SCAMPI £6.95

Whole tail scampi – fresh plump scampi with lemon and tartare sauce, served with potatoes or French fries and seasonal vegetables

FRIED FILLET OF SOLE £7.95

With lemon and tartare sauce. Served with potatoes or French fries and seasonal vegetables

FRESH FILLET OF SEABASS £8.85

With lemon and parsley butter. Served with potatoes or French fries and seasonal vegetables

SUPREME OF SALMON £7.55

Fresh Scottish salmon panfried with lemon and dill butter. Served with potatoes or French fries and seasonal vegetables

PEAT SMOKED HADDOCK MORNAY £7.35

Peat smoked fish topped with poached egg and cheese sauce, served with potatoes or French fries and seasonal vegetables

PIZZA

Thin and crispy crust, freshly baked in our new traditional clay oven

MARGHERITA £6.45

Tomato, mozzarella, cheese and oregano

HAWAIIAN £6.75

As Margherita with ham and pineapple

SPICY CHICKEN £6.75

As Margherita with chicken, pepper and chillies

INFERNO £6.75

As Margherita with spicy pepperoni

MUSHROOM £6.75

As Margherita with sliced mushrooms

FLASK SPECIAL £6.75

As Margherita with ham, chicken, pepperoni, mushrooms and onions

VEGETARIAN £6.75

As Margherita with tomato, mushrooms, pepper and onions

EXTRA TOPPINGS (+45P)

PASTA SPECIALS

All pasta dishes served with garlic bread or French fries (+50p)

LASAGNE AL FORNO £6.95

Sheets of pasta, layered between bolognese, béchamel and cheese sauce

MACARONI CHEESE £6.95

Macaroni with cheddar and béchamel sauce.

SPAGHETTI OR PENNE BOLOGNA £6.95

Home made meatballs

SPAGHETTI OR PENNE NAPOLI (V) £6.95

Tomato and basil

SPAGHETTI OR PENNE CARBONARA £6.95

Smoked bacon, garlic and cream

SPAGHETTI OR PENNE ARRABIATA £6.95

Peppers, chillies and tomato sauce

SPAGHETTI OR PENNE ALFREDO £6.95

Chicken, peppers, mushroom, onion and tomato sauce

AL SALMONE £6.95

Smoked salmon with white wine and cream

HOUSE SPECIALITY HOAGIES

SLOPPY JOE'S HOAGIE £7.35

The Flask special - the business! A baguette filled with panfried steak, mushrooms, onions and peppers, finished with Philly cheese, served with our very own Hippy Southern fries

WESTERN LONGBOY'S HOAGIE £7.25

A baguette filled with panfried chicken breast, mushrooms, onions and peppers covered in a mild tomato sauce topped with cheddar cheese and served with our very own Hippy Southern fries

THE ITALIAN JOB £7.25

A baguette filled with panfried chicken breast, mushrooms onions and peppers, covered with a light cream and herb sauce, topped with mozzarella cheese.

Served with our very own Hippy Southern fries

SALAD SELECTION

Fresh mixed salad leaves with slices of cucumber and tomato, drizzled with homemade honey and mustard dressing and creamy coleslaw. Served with baby potatoes or French fries

PLUMP PRAWNS MARIE ROSE £6.95

Succulent cold water prawns and marie-rose sauce

HALF COLD ROAST CHICKEN £6.95

COLD POACHED SALMON £6.95

Freshly poached salmon and wedge of lemon

PLOUGHMAN'S LUNCH £6.95

Cheddar wedge, sliced ham, pickle and fresh fruit

HONEY ROAST HAM £6.95

Sliced honey roast ham and chunks of pineapple

VEGETARIAN £6.95

Mixed cheeses and fresh fruit

SIDE ORDERS

GARLIC BREAD £1.75

GARLIC BREAD AND MOZZARELLA £1.95

FRENCH FRIES £1.55

FRESH ONION RINGS £1.95

HOMEMADE COLESLAW £1.55

FLASK HOUSE SALAD £2.35

HIPPY FRIES £1.75

SERVICE CHARGE NOT INCLUDED