

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 £6.35
Succulent cold water prawns and marie-rose sauce

HALF COLD ROAST CHICKEN £6.25

COLD POACHED SALMON £6.35
Freshly poached salmon and wedge of lemon

PLOUGHMAN'S LUNCH £6.25

Cheddar wedge, sliced ham, pickle and fresh fruit

HONEY ROAST HAM £6.25

Sliced honey roast ham and chunks of pineapple

VEGETARIAN £6.25

Mixed cheeses and fresh fruit

PASTA SPECIALS

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

LASAGNE AL FORNO £5.95

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

MACARONI CHEESE £5.95

Macaroni with cheddar and béchamel sauce.

SPAGHETTI OR PENNE MEATBALLS £5.95

Home-made in rich tomato sauce

SPAGHETTI OR PENNE NAPOLI (V) £5.95

Tomato and basil

SPAGHETTI OR PENNE CARBONARA £5.95

Smoked bacon, garlic and cream

SPAGHETTI OR PENNE ARRABIATA £5.95

Peppers, chillies and tomato sauce

SPAGHETTI OR PENNE ALFREDO £5.95

Chicken, peppers, mushroom, onion and tomato sauce

AL SALMONE £5.95

Smoked salmon with white wine and cream

DESSERTS

STICKY TOFFEE PUDDING £3.95

With caramel sauce and vanilla ice cream

CARAMEL APPLE GRANNY £3.95

Served with cream or vanilla ice cream

OUR BAILEYS & HAZELNUT CHEESECAKE £3.75

With chocolate sauce and chantilly cream

FRESH STRAWBERRY & MERINGUE MESS £3.95

Layers of strawberries and crushed meringue, drowned with strawberry sauce, topped with strawberry and vanilla ice cream, finished with cream and a wafer

HELEN'S SHORTBREAD HEAVEN £3.95

Shortbread pieces topped with warm caramel sauce and served with vanilla ice cream

HOT CHOCOLATE FUDGE CAKE £3.95

With your choice of fresh cream or vanilla ice cream

TRIO OF LUXURY ICE CREAMS

Ask your server for this week's flavours

£3.45

SELECTION OF CHEESES

Served with biscuits, celery, apple and grapes

£4.45

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

BAKED POTATO • PANINI from 12noon till 5pm

Served with salad garnish and coleslaw and a choice of the following fillings.

GRATED CHEDDAR CHEESE £3.85

PRAWNS MARIE ROSE £3.95

TUNA MAYONNAISE £3.85

CAJUN CHICKEN £3.95

SPICY CHILLI BEEF £3.95

CHEESY BEANO £3.95

CHICKEN MAYONNAISE AND SWEETCORN £3.95

HAGGIS AND CHEESE £3.95

EXTRA TOPPINGS (+45P)

SOUP 'N' HALF SANDWICH £4.25

WRAPS & CIABATTAS from 12noon till 5pm

Served with salad garnish and french fries

STEAK AND SAUTÉED ONION £4.95

BRIE AND BACON £4.85

CREAMY CAJUN CHICKEN AND PEPPERS £4.85

GOATS CHEESE AND GRILLED TOMATO £4.95

CHICKEN, MOZZARELLA AND SALSA £4.95

TUNA MELT £4.85

EXTRA TOPPINGS (+45P)

LITTLE BITES KIDS' MENU ALL JUST £2.99

CHICKEN NUGGETS with chips and spaghetti hoops

KIDS' BURGER with chips and spaghetti hoops

HOT DOG with chips and spaghetti hoops

MACARONI with chips and spaghetti hoops

SAUSAGES with chips and spaghetti hoops

MILK SHAKE £0.95

FRUIT SHOOT £0.95



the **flask**
◀ TO GO ▶
take away
m e n u

MON - THUR • 12NOON - 9PM
FRI - SUN • 12NOON - 9.30PM

DELIVERY SERVICE FROM 4PM
3 TOWNS AND KILWINNING

tel: 01294 466654

the flask, 26 windmill street, saltcoats
f: 01294 605511 • e: info@theflask.co.uk

Free gift
bag with
every meal

STARTERS

CREAMY MUSHROOMS AU GRATIN

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

£3.65

PRAWN COCKTAIL

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

£3.75

HOMEMADE CHICKEN LIVER PATE

Served with garlic bread and Cumberland sauce

£3.75

HOMEMADE SOUP OF THE DAY

Served with crusty roll and butter

£2.65

CULLEN SKINK

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

£3.75

BRUSCHETTA

Italian garlic bread topped with fresh mozzarella cheese and chopped tomato with basil and olive oil dressing

£3.45

MOULES MARINIÈRE

Fresh mussels steamed in white wine and garlic finished with either **cream and chopped parsley** or **Napoli and basil sauce**

£4.85

HAGGIS, NEEPS AND CHAMPIT TATTIES

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

£3.95

BREADED MUSHROOMS

Deep fried and served with garlic mayonnaise

£3.65

TEMPURA — CHICKEN • VEGETABLE • PRAWN

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

FOR ONE

FOR TWO

CHICKEN

£3.85

£5.95

VEGETABLE

£3.75

£5.85

PRAWN

£3.85

£5.95

MIXED

£3.95

£5.95

COMBO PLATTER

Breaded mushrooms, chicken tempura, wholetail scampi, onion rings and Hippy fries served with garlic mayo and sweet chilli dips.

£5.95

MAINS

TRADITIONAL STEAK PIE

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

£5.95

PEPPERED CHICKEN

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

£5.95

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.

the **flask**
DRINKS TO GO ▶

Cans of soft drinks,
selected bottled beers
and ciders. Full wine list
– ask for details

HIGHLAND CHICKEN

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

£6.25

GRILLED GAMMON STEAK

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

£5.95

HALF ROAST CHICKEN AND BACON

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

£6.55

FAJITAS — STEAK • CHICKEN • VEGETABLE

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

£6.55

BLACKENED CHICKEN

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

£6.25

HOUSE SPECIALITY HOAGIES

SLOPPY JOE'S HOAGIE

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

£6.45

WESTERN LONGBOY'S HOAGIE

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

£6.35

THE ITALIAN JOB

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

£6.35

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.

EIGHT OZ

TWELVE OZ

RIB EYE STEAK

£7.95

12oz £9.95

SIRLOIN STEAK

8oz £9.95

12oz £11.95

FILLET STEAK

8oz £12.95

12oz £15.95

T-BONE STEAK

16oz £14.95

CHARGRILLED CHICKEN

£5.95

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

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

+ £1.95

FROM THE SEA

FRESH FILLET OF HADDOCK

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

£5.95

DEEP FRIED SCAMPI

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

£5.95

FRIED FILLET OF SOLE

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

£6.95

FRESH FILLET OF SEABASS

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

£7.85

SUPREME OF SALMON

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

£6.55

PIZZA

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

MARGHERITA

Tomato, mozzarella, cheese and oregano

£5.45

HAWAIIAN

As Margherita with ham and pineapple

£5.95

SPICY CHICKEN

As Margherita with chicken, pepper and chillies

£5.95

INFERNO

As Margherita with spicy pepperoni

£5.95

MUSHROOM

As Margherita with sliced mushrooms

£5.95

FLASK SPECIAL

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

£5.95

VEGETARIAN

As Margherita with tomato, mushrooms, pepper and onions.

£5.95

EXTRA TOPPINGS

(+45p)

CHARGRILLED BURGERS

Our own homemade 6oz burgers are cooked over charcoals and served in a toasted seeded bun with French fries or Hippy fries (+40p)

BEEF BURGER • CHICKEN BURGER • VEGETARIAN BURGER

PLAIN - As it says

£4.75

CHEESE - Melted cheddar

(+45p)

DANISH - Melted cheddar and grilled bacon

(+65p)

ITALIAN - Sliced tomato, sauteed onions and mozzarella

(+85p)

FLASK - Melted cheddar, lettuce, tomato, sauteed onions, bacon and mayo

(+85p)

EXTRA TOPPINGS

(+45p)

Bacon, cheddar, lettuce & tomato, mozzarella or onions