



**THE GROG & GRUEL -
TRADITIONAL ALEHOUSE
AND RESTAURANT**
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WHAT'S IN A NAME?

Established as far back as 1994, The Grog & Gruel is a tongue-in-cheek name to reflect the relaxed and informal atmosphere of our traditional alehouse & restaurant. Don't take our name too literally though. We've moved on a long way from the days of sailor's rum punch and watery oatmeal porridge.

OUR ALEHOUSE

In our downstairs alehouse, you'll find the largest range of specialist cask conditioned ales in town. Without pasteurisation, and without adding artificial carbon dioxide, these beers retain the complex and delicate flavours the brewers work so hard to produce in the first place. Think of it as draft beer the way it used to be made, but with the added advantage of modern technology to keep it at just the right temperature as it makes its way from our cellar to the glass.

The beers are usually selected from the growing range of small independent brewers located all over Scotland, though naturally the majority tend to be located in the Highlands and Islands.

We're also rather proud of our whisky selection. We try to stock up to 60 different whiskies, mostly malts, from the diverse range of tastes to be found all over Scotland. Why not sample the "Ben Nevis Single Malt" before making your visit to the distillery right here in Fort William.

CASK CONDITIONED ALES

Given we are regularly listed in the CAMRA (Campaign for Real Ale) Good Beer Guide, and we are also proud to be Les Routiers "Real Ale Pub of the Year 2005", it's perhaps not surprising we offer not just one but a range of traditional cask conditioned beers or "real ales".

It seems that not a year goes by when at least one new micro-brewery opens in Scotland, and that means we have an ever-growing list of beers to choose from. Our range is always changing, even over the course of the night, so please ask for the current selection. If you're lucky, you may have as many as eight to choose from. The list below shows just some of the breweries, and just some of the beers, we may have tonight. The range is a bit like the weather in these parts. If you don't like it, wait. It will soon change!

Williams Brothers Brewing Company - Alloa

Bruce and Scott Williams are no newcomers to brewing, having brought us numerous beers over the years. The most popular and famous is the Fraoch Heather Ale, and yes, it really is made from the tips of flowering heather! You may also want to watch out for Kelpie, a dark brew with bladderwrack seaweed included in the mash. Don't worry though, they may be "a bit different", but not too different!

Fraoch Heather Ale (ABV 4.1%)

A fine floral aroma with a spicy taste.

Ebulum (ABV 6.5%)

A rich elderberry black ale with fruit aroma, silky soft texture and a gentle finish.

Williams 80/- (ABV 4.2%)

Lightly hopped, as is true to this style of beer, with fruity malt aromas.

Cairngorm Brewery - Aviemore

Another brewery formed from the merger of two well-known breweries, this time Tomintoul and Aviemore.

Trade Winds (ABV 4.3%)

CAMRA "Champion Speciality Beer of Britain" in 2004. And 2005. Oh, and 2006! Light gold in colour with a bouquet of fruit and citrus.

Nessie's Monster Mash (ABV 4.4%)

Predominantly malty with a warming finish.

Wildcat (ABV 5.1%)

A deep amber coloured ale with a complex malt and fruit flavour.

Caledonian Brewery - Edinburgh

Deuchars IPA (ABV 3.8%)

Champion Beer of Britain 2002. Tasty and refreshing.

Isle of Skye Brewing Company - Uig, Isle of Skye

Established in 1995 and currently home to the only female brewer in Scotland.

Red Cuillin (ABV 4.2%)

Smooth, malty and slightly nutty.

Black Cuillin (ABV 4.5%)

A dark ale, brewed with rolled roast oatmeal and honey.

Young Pretender (ABV 4.0%)

A golden-hued, hoppy, refreshing ale of character and flavour.

Hebridean Gold (ABV 4.3%)

A distinctly different ale brewed with porridge oats.

An Teallach Brewery - Near Ullapool, Ross-shire

We've known Davy Orr for years. Before he stopped to concentrate on brewing, he was a fairly regular entertainer at our sister pub, the Clachaig Inn down in Glencoe. Fortunately his beers are much better than his jokes! Beers are now brewed at the family croft on the shores of Little Loch Broom.

An Teallach Ale (ABV 4.2%)

A sweetish pint in the Scottish 80/- tradition.

Crofters Pale Ale (ABV 4.2%)

A good quaffing golden ale.

Hebridean Brewing Company - Stornoway, Isle of Lewis

A relative newcomer to the scene, with the first brews produced in early 2003.

Clansman Ale (ABV 3.9%)

Golden Hebridean bitter brewed with Scottish malts.

Islander (ABV 4.8%)

A strong premium ale, predominantly malty with robust hopping to match.

Celtic Black Ale (ABV 3.9%)

A dark porter style ale full of flavour, with a pleasantly smooth caramel after taste.

Houston Brewing Company - Houston, Renfrewshire

Regularly produce "one-off" brews with suitably tongue-in-cheek names, but perhaps best known for their award winning Peters Well.

Peters Well (ABV 4.2%)

Golden coloured with a wonderful hoppy aroma.

Killellan (ABV 3.7%)

Golden coloured, clean, mellow and refreshing ale with a long zesty finish.

Traditional Scottish Ales - Stirling

A relatively new addition on the brewing scene, set up in what was once a torpedo factory.

Glencoe Wild Oat Stout (ABV 4.5%)

As dark, mysterious & interesting as the glen it's named after.

Ben Nevis (ABV 4.0%)

A traditional 80/- ale, with the sweetness typical of a Scottish heavy.

WHERE DOES IT COME FROM?

Beers and whiskies aren't the only products sourced from local and other Scottish suppliers.

The wild boar comes from several farms throughout Scotland. Previously it was exclusively from Boars of Beaulieu near Inverness, but between us here at the Grog & Gruel, and our other place, the Clachaig Inn down in Glencoe, we've pretty much exhausted all their supplies over the last two years! Venison comes from the Highlands, through again from several estates, and all our beef is Scottish. Bacon is dry cured and smoked by Letterfinlay, who also hand make all our sausages with natural skins.

Our black pudding is made by Charles Macleod family butchers on the Isle of Lewis, surely some of the few people to know as much about black puddings as Michael Palin's famous Ripping Yarns character Eric Olthwaite!

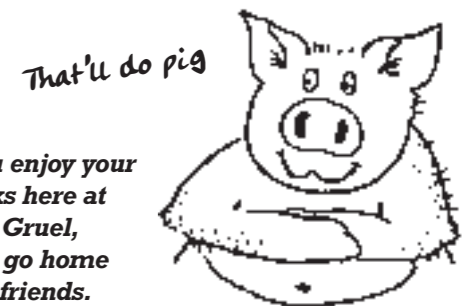
For haggis we've turned to another well known butcher, this time Macsween of Edinburgh. Trivia buffs may be interested to know that it is made in the world's first factory dedicated to haggis making alone.

OUR RESTAURANT

The restaurant offers a choice from imaginative and exciting dishes prepared fresh to order. We think dining out should be a fun experience, interesting, satisfying, and good value for money.

Our menus have withstood the test of time and have proved to be immensely popular. There's something for everyone, whether it's a freshly baked pizza, a monster-sized burger made from Scottish wild boar, or mouth-watering fajitas, finger-food for the adults.

With the introduction of our top-of-the range "bean-to-cup" coffee machine, we can now offer a range of coffee to finish your meal. Go for an espresso for that wee kick that you only get from a shot of caffeine, or sit back and relax with a creamy cappuccino.



We hope that you enjoy your food and drinks here at The Grog & Gruel, and that you'll go home and tell your friends.

But if for any reason you don't, we hope you'll tell us.

A NOTE ON ALLERGIES: Some of our menu items may contain nuts, seeds and other allergens. There is a small risk that tiny traces of these may be in any other dish or food served here. We understand the dangers to those with severe allergies. Please ask and we may be able to help you make an alternative choice.



STARTERS

Soup of the Day  **£3.75**
Served piping hot with freshly baked bread.

Boar Breath Chilli  **£5.45**

Made with Scottish wild boar, topped with melted Orkney medium cheddar, and served in a corn tortilla bowl with crisp corn tortilla chips for dunking.



Mixed Bean Chilli  **£4.45**
The vegetarian alternative to the boar breath chilli.

Macho Nachos  **£4.75**

Crisp corn tortilla chips smothered in melted Orkney medium cheddar, spicy salsa, jalapeno chillies, sour cream and guacamole.

Breaded Mushrooms  **£2.75**

Deep fried and served with tangy garlic mayo.

Stornoway Black Pudding **£3.65**

For some, the best black pudding there is. Served here with spiced apple sauce and Hebridean Oatcakes.



Haggis **£3.75**

A wee taste of this traditional Scottish dish. Made by Macsween of Edinburgh to an old family recipe and served with a creamy Drambuie sauce.

Vegetarian Haggis  **£3.95**

A vegetarian version of the traditional dish, made with red kidney beans, lentils, vegetables and nuts giving it a slightly crunchy texture. Served with a creamy Drambuie sauce.

Crispy Wings  **£4.25**

Fried chicken wings with a sweet BBQ sauce for dipping.

Smoked Salmon **£5.65**

Locally smoked West Coast salmon served with Hebridean oatcakes and dill mayo.

SIDE ORDERS

House Salad  **£2.25**

Hog's Tails  **£1.95**

Spicy curly fries.

Garlic Bread 'n' Cheese  **£2.75**

Freshly Baked Bread and melted Orkney medium cheddar.

Jalapeno Chillies  **£0.95**

For when you need a little more heat.

Onion Rings  **£1.95**

PIZZA

Start with our classic cheese 'n' tomato pizza made with Orkney medium cheddar. Choose from:

12 inch  **£9.95**

For those with hearty appetites, or for 2 to share.

9 inch  **£5.95**

Perfect for a lunch or more modest appetite.

Then add your choice of extra topping:

Onions, Mixed Peppers, Sweetcorn, Jalapenos Chillies  **, Pineapple, Mushrooms. £1.10**

Chicken, Salami, Black Olives, Smoked Dry-Cured Bacon. £1.50

FAITHFUL FAVOURITES

Steak 'n' Ale Pie **£9.95**

Scottish beef cooked with cask ale and served with Hog's tails (spicy curly fries).

Fish 'n' Fries **£8.95**

Breaded haddock with Hog's tails (spicy curly fries).

Poached Salmon **£11.75**

Salmon from the cool clear waters off the West Coast served with Hog's tails (spicy curly fries) and a tangy lemon and dill mayo.

PASTA

None of the usual dried pasta here! Ours is home-made, cooked to order, and served with either garlic bread 'n' cheese, or salad.

Seafood Tagliatelle **£9.95**

Prawns, mussels, and cockles cooked with garlic and cream.

Tagliatelle with Smoked Bacon & Mushrooms **£9.45**

Made with dry-cured smoked bacon and cooked in a Provencale sauce.

Veggie Tagliatelle  **£8.75**

A selection of fresh vegetables cooked in a Provencale sauce.

BURGERS

For those with hearty appetites, our half pound (that's approx 227g) burgers are served in a freshly baked rustic roll with Hog's tails (spicy curly fries), salad and a chutney or sauce on the side.

Aberdeen Angus Cheeseburger **£10.45**

Made with prime beef, fresh rosemary and fried onion, topped with melted Orkney medium cheddar, and served with spicy tomato chutney.

Highland Venison Burger **£9.95**

Made with Highland venison, cranberry and fresh tarragon, and served with redcurrant sauce.

Wild Boar Burger **£12.45**

A slightly more unusual burger, made from apple, fresh sage, and Scottish wild boar. Served with fruity Highland chutney.



Add a topping to your burger

Boar Breath Chilli  **£1.95**

Smoked Dry-Cured Bacon **£1.25**

Orkney Medium Cheddar **£1.95**
(Venison & Boar burgers)

Grog Bean Burger  **£8.95**

Our own burger made with mixed beans, topped with melted Orkney medium cheddar and with spicy tomato chutney.



STEAKS

Sirloin Steak **£16.45**

A half pound (that around 227g in "new money") of Scottish beef cooked to your liking. Served with Hog's tails (spicy curly fries) and salad.

Add a flavoured butter to complement your steak **£1.25**

- Garlic Butter**
- Cracked Black Pepper Butter**
- Dijon Mustard Butter**

TEX-MEX

For those looking for something with a bit of a kick. All Tex-Mex dishes are served with a side salad.

Boar Breath Chilli  **£10.75**

A main course size portion of our Chilli made with Scottish wild boar, topped with melted Orkney medium cheddar, and served in corn tortilla bowls with crisp corn tortilla chips for dunking.

Mixed Bean Chilli  **£8.75**

As the boar breath Chilli above, but with the meat swapped for a variety of different beans.

Enchilada

Soft corn tortillas filled with peppers, mixed beans, sweetcorn, and your choice of meat or veg, topped with melted Orkney medium cheddar, spicy salsa, sour cream and guacamole.

Choose from:

- Chicken**  **£9.95**
- Boar Breath Chilli**  **£10.95**
- Mixed Bean Chilli**  **£9.95**
- Mushrooms**  **£8.75**

Burrito

Similar to enchiladas, but this time a flour tortilla filled with peppers, mixed beans, sweetcorn, and your choice of meat or veg, topped with melted Orkney medium cheddar, spicy salsa, sour cream and guacamole. Choose from:

- Chicken**  **£9.95**
- Boar Breath Chilli**  **£10.95**
- Mixed Bean Chilli**  **£9.95**
- Mushrooms**  **£8.75**

Fajitas

Pronounced "fa-he-tas". Get stuck into fun finger food at its best. Flour tortillas, peppers, onions, spicy salsa, sour cream guacamole, and your choice from:

- Chicken**  **£11.45**
- Steak**  **£17.50**
- Mushrooms**  **£9.25**



Limited by his trotters, Horace struggles to get to grips with his finger food.


Quesadilla Grande

Pronounced "kay-sa-dee-ya", filled flour tortillas lightly baked and served with spicy salsa, sour cream and guacamole. Choose from:

Chicken  **£10.95**
With Onions, Jalapeno Chillies and Orkney Medium Cheddar.

Boar Breath Chilli  **£11.95**
With Orkney Medium Cheddar.

Mixed Bean Chilli  **£9.95**
With Orkney Medium Cheddar.

Mushrooms  **£8.95**
With Onions, Jalapeno Chillies and Orkney Medium Cheddar.

CAJUN

All Cajun dishes are finished with sour cream and spicy salsa, and served with Hog's tails (spicy curly fries) and side salad.

Cajun Salmon  **£11.75**

West Coast salmon steak gently poached and dusted with Cajun spices.

Cajun Chicken  **£9.95**

Chicken breast cooked on the griddle with Cajun spices.

Blackened Steak  **£16.95**

A half pound (that around 227g in "new money") of Scottish beef dusted with Cajun spices and cooked to your liking.

AND FOR PUDDING...

Chocolate Fudge Brownie **£4.75**

Served warm with vanilla ice cream

Crannachan Ice Cream **£4.45**

Served in a 1/2 pint beer mug with real raspberry sauce & shortbread.

Bread & Butter Pudding **£4.95**

Homemade and served with our own vanilla custard.

 **A HOT / SPICY DISH**
 **SUITABLE FOR VEGETARIANS**

COFFEES, TEAS & HOT CHOCOLATE

Choose from a range of "bean-to-cup" coffees, which means each mug is prepared from beans ground at the very last minute to give the freshest coffee possible.

Espresso **£1.75**

A small shot of seriously strong black coffee, rich and full bodied.

Americano **£1.75**

That's a regular black coffee to most of us. A long dark rich coffee made using a shot of espresso.

Cappuccino **£1.95**

A "white coffee" - espresso and steamed milk, with lashings of creamy foam and a dusting of cocoa powder to finish.

Latte **£1.95**

Similar to a cappuccino, but with more steamed milk and less creamy foam.

Tea **£1.75**

A freshly brewed pot of tea served with a wee jug of milk. Choose from a range of teas.

Traditional Breakfast, Earl Grey, Assam or Darjeeling

We also have a selection of fruit teas - please ask for the current selection.

Hot Chocolate **£1.95**

Rich and creamy hot chocolate topped with cream and a dusting of cocoa powder.

Fancy "one for the road"? All hot drinks are available "to go" in disposable cups with lids to keep the drinks hot and to prevent spillage.

WINE LIST

Looking for something fruity? Or clean 'n' crisp?

We offer a selection of wines from around the world. Please ask for our current list.



Minutes earlier he was rolling about in mud and feeding from a trough. Not surprisingly, the wine's delicate floral bouquet is lost on our hero.

A friendly welcome with a great lively atmosphere, matched only by the quality of our food & beers.

Please turn over for help with your Cask Conditioned Ales selection.