

BREAKFAST

Porridge (V)

- made the traditional way with water and a pinch of salt. We have been trained by World Champion porridge maker, Ian Bishop from The Slochd. **£3.50**

'Up yer porridge' By adding

Fruit (please ask what is available as this changes with the seasons)	£1.00
Natural yoghurt	£0.50
Cream	£0.50
Honey	£0.50
Mixed seeds	£0.50
Mixed nuts	£0.50

Granola (V)

- made in the cafe. A mix of oats, nuts, seeds and coconut toasted with maple syrup and honey **£4.50**

Fruit Salad Bowl

- a selection of fresh fruit served with a pot of natural yoghurt **£4.95**

COOKED BREAKFASTS

We only use free-range eggs and our meat is from a local award-winning butcher.

'Fully Active Breakfast' - the works!

- eggs, bacon, sausages, black pudding, tomatoes, mushrooms, a savoury pancake and a round of toast and butter **£8.95**

'The Wee Breakfast'

- Smaller cooked breakfasts available from the above list - price varies depending on options chosen.

Poached eggs on toast (V)

- 2 free range poached eggs on wholemeal toast **£2.95**

Scrambled eggs on toast (V)

- 3 free range eggs on wholemeal toast **£3.50**

Canadian French Toast (2 slices)

- served with crispy bacon and maple syrup on the side **£6.95**

Eggs Benedict

- a toasted muffin, ham, poached eggs and hollandaise sauce **£6.95**

Smoked salmon and scrambled eggs on toast £7.50

Bacon doorstep

- 3 large slices of lean back bacon between 2 thick slices of wholemeal bread £4.95

Sausage doorstep

- as above but filled with butchers own pork sausages £4.95

Bacon and egg doorstep

- 2 large slices of bacon and 1 large egg £4.95

Crepe with stewed apples, yoghurt and mixed nuts (v) £4.95

Warm croissant with butter and jam (or honey) (v) £2.50

Toast and butter (v)

- with jam/marmalade or honey £1.50
£1.75

PLEASE ASK IF YOU WANT TOMATO KETCHUP OR BROWN SAUCE



PLEASE CHOOSE FROM OUR MENU
SELECTION OR SPECIALS BOARD AND
ORDER AT THE COUNTER.

ALL OUR FOOD IS FRESHLY PREPARED
AND COOKED TO ORDER.
WE WILL BRING IT TO YOU AS
QUICKLY AS WE CAN.

ENJOY / ITH GU LEOIR

WE UNDERSTAND MANY OF OUR
CUSTOMERS HAVE ALLERGIES OR
DIETARY RESTRICTIONS. A SPECIAL
DIETARY MENU IS AVAILABLE TO
HELP YOU MAKE YOUR CHOICE,
PLEASE ASK.

THANK YOU / TAPADH LEAT

NICKY GRANT
CATERING MANAGER

LUNCH

Please see today's choice of soups and sandwiches on the blackboard

Soup - made fresh each day in our kitchen

Small bowl served with bread	£3.50
Large bowl served with bread	£4.50
Soup and sandwich combo - small bowl of soup with half sandwich	£5.95

ALL OUR SOUPS ARE VEGETARIAN, GLUTEN AND DAIRY FREE UNLESS OTHERWISE STATED ON THE BOARD

Sandwich

- a chunky bite with choice of today's fillings - see board £4.95
If you would be happier with a cheese or ham sandwich please order at the counter.

PLEASE ASK IF YOU WISH YOUR SANDWICHES TO BE MADE WITH GLUTEN FREE BREAD. DAIRY FREE SPREAD ALSO AVAILABLE PLEASE ASK.

Panini

- Brie (and ham) with chilli jam
- Stilton and redcurrant (v)
- Mozzarella and vine tomato with pesto (v) £4.95

Crepes

- Ham, spinach and cheese topped with poached egg
- Goats cheese, spinach and roasted vegetables (v) £5.95

Hot filled Croissants - served with a side salad

- Ham and cheese in savoury white sauce
- Roasted vegetables in savoury white sauce (v)
- Bacon and egg £4.95

Bruschetta - served with side salad (v)

- Grilled goats cheese with thyme served with gooseberry chutney
- Roasted vine tomatoes with garlic and herbs £4.95

Lamb Burgers

- Homemade lamb burgers with flat bread served with side salad, raita and salsa. £7.95

Tartiflette

- A creamy dish of potatoes, onions, lardons with reblochon cheese served with salad and crusty bread.

Small	£5.00
Large	£6.95

Salads – served with crusty bread.

Vegan (v)

– a big bowl of mixed leaves, falafel, roasted vegetables, seeds, nuts and fruit.
£6.95

Bob's warm salad

– a big bowl of mixed leaves, chorizo, potatoes, roasted tomatoes in balsamic dressing, shavings of parmesan and topped with a poached egg. **£7.50**

Smoked venison salad

– a mix of leaves, smoked venison, cous cous, roasted peppers, toasted hazelnuts and a redcurrant vinaigrette. **£7.95**

Salmon and sweet potato salad

– mixed leaves, lemon herby cous cous, sweet potato in a honey mustard dressing and hot smoked salmon. **£7.95**

Warm duck and orange salad

– baby spinach leaves, shredded duck legs, red pepper, orange segments, walnuts and an orange and honey dressing. **£7.95**

Deli Platters

– These amazing dishes are served on wooden platters and are designed for sharing.....some of you may manage one on your own after a big hill day!
£10.95

Meat Platter

– a selection of cold meats served with relishes, pickles, salad and bread.

Cheese Platter (v)

– a combination of different cheeses – brie, stilton, and a selection of Scottish cheeses. Served with fruit, salads, pickles and oatcakes.

Combo Platter

– a delicious mix of cold meats and cheeses. Served with salads, pickles, chutney and bread.

CHILDRENS CHOICE

½ sandwich

£2.50

- cheese (and ham)
- cheese and tomato (v)
- ham
- or choice from board

Small soup and ½ sandwich

£3.95

Panini

- cheddar (and tomato or ham)

£4.95

Children's Platter

£4.95

- ½ Cheese or Ham Sandwich (please advise if salad is not required)
- Pieces of fruit
- Small cake
- Yoghurt
- Carton of juice

FOODY QUIZ

1. The earliest archaeological evidence for the consumption of soup dates back to 6000 B.C. What flavour was it?
Hint - it wasn't leek and potato.
2. What is the most recognized smell in the world?
3. Which food has more antioxidants than green tea, blueberries and pomegranates?
4. What is the oldest known vegetable?
5. How many varieties of watermelon are there?
6. How long has popcorn been around for?
7. How many people can China's Beijing Duck Restaurant seat at any one time?
8. How many litres of beer are drunk in the House of Commons every week?
9. What is the largest living organism ever found?
10. How many snails are eaten annually in France?



OUR SUPPLIERS

Beí & Nannini Coffee – This delicious coffee also conforms to the ‘fair price’ terms of trade set up by Fairtrade. The price Beí & Nannini pay to the coffee plantations reflects the quality.

Williamsons – Many thanks to this local company who deliver to us several times a week. They supply vegetables, dried goods and cold drinks. Irving, the delivery man always has a smile despite having to carry heavy boxes up the stairs.

Gows – Thanks to George Gow. He is an award-winning butcher who cares deeply about the source of his meat, and provides us with meat of the highest standard.

J R Fine Foods – A mobile cheesemonger who can deliver the ordinary and specialist cheeses, and also our smoked venison.

Porridge – Golspie Mill, Dunrobin. ‘Driven by water from the Big Burn and using only the finest natural ingredients, Golspie Mill has been making high quality flours and meals since being fully restored in 1992’.

Stoats – Our popular porridge bars, perfect for the hill.

Cress Co. – A small Scottish based specialist wholesalers who supply our unusual and delicious sweets kept on the drinks counter.

Delice de France – This company delivers the delicious bread we use. It is delivered to us part-baked so we can finish the baking process each morning to ensure your sandwiches and soup bread is as fresh as possible.

Summer Isles Smokery – This family-run smoke-house from Achiltibuie provides us with the hot smoked salmon which we often offer as a sandwich filling choice or in a salad. Another award-winning company.

Mark Harris Furniture – Our beautiful tables and chairs. We thought we should give the details of the furniture in our Cafaidh as so many of you ask us! Tel: 0845 653 2070
e-mail: www.Greatfurnituretrading.co.uk

Alvie Fish Hatchery – The only organic brown trout hatchery in Scotland. They supply us with delicious hot and cold smoked brown trout.

HOT DRINKS

COFFEE

Deciding which coffee we wanted in our café was not an easy choice until we sampled Bei Nannini. Agreeing with one of the founders, Claire Jaconelli, it was the first time we had enjoyed a genuine Italian coffee experience outside Italy.

Espresso

- Considered the national beverage of Italy. A very concentrated coffee with thicker consistency than others and crema (foam). Served in a small cup.

£2.50

Cappuccino

- The name comes from the Capuchin Friars, possibly referring to their habits or to the aspect of their white heads surrounded by a ring of brown hair! Prepared with a little steamed milk with a distinctive layer of foam on top, and dark chocolate shavings.

£2.50

Americano

- A combination of espresso and hot water. Please tell us if you would like any milk, either hot or cold, with this.

£2.10

Latte

- From the Italian caffelatte meaning coffee and milk. A milky drink made with coffee and steamed milk.

£2.50

Macchiato

- An espresso topped with foam. Black on the bottom, white on top.

£2.50

Tea

£1.80

Our specialist teas are courtesy of 'Mighty Leaf'. These whole leaf teas, in unique silken pouches are thirst quenching and delicious. The brewing times differ, please check the packet.

Choose from:

Organic Breakfast

Green Tea Tropical

Chamomile Citrus

Organic Earl Grey

Organic Mint Melange

White Orchard

Organic African Nectar

Organic Spring Jasmine

Organic Darjeeling Estate

Pot of Scottish Tea

£1.80

Hot Chocolate

- A very rich smooth chocolaty drink. Served with or without chocolate shavings

£2.80

PLEASE ASK IF YOU WOULD PREFER SEMI SKIMMED MILK OR SOYA MILK.

COLD DRINKS

Mango Smoothie

- Served with ice, delicious and full of goodness £3.00

Summer Fruit Smoothie

- Very fruity. Served with ice. Perfect for hot days. £3.00

Iced Coffee

- A grown up milkshake! Made with espresso, ice cream, milk and topped with a crumbled brownie. £3.50

We also have a range of bottled cold drinks including

Belvoir Lemonade and Elderflower Presse

Bundaberg Gingerbeer and Bundaberg Peechy

Fentimans Cola, Dandelion & Burdock, Seville Orange & Mandarin

Strathmore still and sparkling water

Prices from £1.10

For full selection please see our drinks fridge at the counter.

CHILDREN'S DRINKS

Hot Chocolate

- Hot and sweet. Served with or without baby marshmallows. £2.50

Milk Shakes

- Caramel £2.50

- Toasted Marshmallow £2.50

Fair Trade Cartons

- Orange, Apple or Tropical £0.75

Strawberry and Banana Smoove

£0.95

OTHER SERVICES

Packed Lunches

We can provide you with an 'Active complete lunch' for your day out.

Your lunch includes:	1 Sandwich	
	Piece of fruit	
	Small cake	
	Bottle of water	£6.00

Children's packed lunch:	½ Sandwich	
	Piece of fruit	
	Small cake	
	Carton of juice	£3.50

PRIVATE FUNCTIONS

If you would like to hire out the café in the evening for a function, please give your details at the counter or email info@activeoutdoorpursuits.com

BAKING

We bake daily here in our kitchen. Our **Scones, Brownies** and **Flapjacks** are particularly popular and we always try to have these available.

Our **Apple and Cinnamon Cake** is a firm favourite as well – big juicy apple chunks with cinnamon and a light cream cheese icing.

Isla's Jaffa Cake – named after a little girl who visited the Cafaidh aged one week old. It was her first ever outing and we named the cake after her to mark the event.

Maple Syrup Cake – moist and sweet -the perfect tea time treat.

Our gorgeous **Sticky Gingerbread** and **Shortbread** are both recipes given to me from my Mum. Old fashioned and truly the best!

Tina, our main baker, produces the most spectacular cakes - **Lemon and Coconut, Chocolate Cake, Coffee Cake, Lemon Drizzle**, and many others.

Gluten-free baking available please ask.

Our range of cakes are on display on the counter individually priced.

We are happy to bake you a whole cake for your special occasion. Prices from £16.50. 2 days notice required.

PUDDINGS

Warm **Brownie and Ice Cream** £4.95

Crepes £4.95

- Stewed apple, butterscotch sauce and cream
- Maple syrup, pecan nuts and whipped cream
- Nutella, bananas and ice cream on the side
- Classic lemon and sugar
- Forest berry compote and cream

Fruit Crumble

- Apples and berries topped with buttery crumble and served with cream
£4.95

Fruit Salad – served with natural yoghurt or cream £4.95

LOCAL LEGENDS

The Cairngorm National Park has many outstanding outdoor enthusiasts who are renowned for their epic journeys and adventures throughout the World.

MANNY GORMAN

On Friday 3rd July 2009, Manny Gorman from Kingussie completed a record breaking run around all of the Corbetts in only 70 days. Manny is the first athlete to travel between all 219 peaks with no motorised transport by using a combination of running, cycling and sailing.

In case you are wondering... Corbetts are Scottish Hills between 2,500ft and 3,000ft with at least a 3,000ft climb on all sides and when you think there are 219 of them, you really start to realise what a massive journey this was.

I asked Manny to meet with me so I could ask him a few questions over a cup of coffee. My first question was to find out what inspired Manny to attempt the run-around of all of the Corbetts. It was clear that Manny genuinely loves being out in the hills which is a good start but he also enjoys doing things that nobody has attempted before. I was intrigued how much training was required for such a long tough journey but it appeared that in Manny's case, not a lot. This was mainly because Manny's fitness levels had been kept topped up from similar previous challenges such as:

Coast to Coast – The most Westerly coast to the most Easterly coast while climbing all the Munro's in between. (A Munro is a mountain over 3,000ft).

Ben Hope to Ben Lomond – 450 miles including 112 Munro's in 21 days.

Boundary of Badenoch Strathspey – 8 day run covering 250 miles.

Manny received a serious knee injury half way through the Corbett run as he was descending from a peak on his bike. He was told that it may take 2 weeks before he could continue his journey again. Manny wasn't able to wait 2 weeks and so visited his physio who worked constantly on his injured knee for 3 days until Manny amazingly felt he was able to continue. I asked Manny what advice he would give to someone else looking to take on a similar challenge and he gave me four good points:

Take a campervan – Have an understanding partner – Go slowly – Enjoy it

Active Outdoor Pursuits have chosen Manny to be our Local Legend because of his epic accomplishment and determination to keep going when things really get tough.

Written by Andrew Bennett, Active Outdoor Pursuits