

## - It's a Wrap! -

All of our tortilla wraps can be substituted for brown or white bread if preferred, and come with lettuce, tomato and mayo.

<b>PEPPERED STEAK</b> .....	<b>£5.79</b>
tender steak strips coated in cracked black pepper, grilled and topped sautéed onions	
<b>SWEET CHILLI BUTTERMILK CHICKEN</b> .....	<b>£5.49</b>
<b>BBQ CHICKEN MELT</b> .....	<b>£5.49</b>
grilled chicken breast strips in BBQ sauce with melted cheese	
<b>BACON, LETTUCE &amp; TOMATO</b> ..... (vg)	<b>£4.99</b>
add grilled chicken strips for £1.	
<b>MACHO NACHO</b> ..... (v)	<b>£5.29</b>
Mexican style beans, peppers, jalepenos, cheese & crushed tortilla	
<b>SIMPLE CHEESE &amp; TOMATO</b> ..... (v)	<b>£4.99</b>



**UPGRADE YOUR LUNCH**  
ADD FRIES AND A SOFT DRINK TO ANY SANDWICH OR WRAP FOR JUST £2.50

## - Desserts & Sundaes -

All desserts (except sundaes) are served with your choice of cream, ice cream or custard (all gluten free)

<b>LEMON MERINGUE PIE</b> .....	<b>£4.79</b>
<b>BANOFFEE WAFFLE</b> .....	<b>£4.79</b>
<b>WARM CHOCOLATE BROWNIE</b> ..... (gf)	<b>£4.79</b>
<b>STICKY TOFFEE PUDDING</b> .....	<b>£4.99</b>
<b>APPLE PIE</b> ..... (vg)	<b>£4.99</b>
<b>ETON MESS SUNDAE</b> ..... (gf)	<b>£4.99</b>
Vanilla and strawberry ice creams with strawberry sauce and meringue shards, topped with whipped cream	
<b>SALTED CARAMEL SUNDAE</b> ..... (gf)	<b>£4.99</b>
Vanilla ice cream loaded with caramel sauce and crunchie pieces, topped with whipped cream	
<b>CHOCOLATE BROWNIE</b> ..... (gf)	<b>£4.99</b>
Vanilla and chocolate ice creams, chocolate sauce and chunks of warm brownie, topped with whipped cream.	

### IMPORTANT INFORMATION

Allergen information is available on request. Please notify your server if you have any dietary requirements. All images used in this menu are for representation only.

v - suitable for vegetarians | vg - vegan option available - (please ask)  
gf - gluten free option available (please ask) | sp - smaller portion price

**25% OFF  
FOOD  
FOR  
OVER  
65'S** T&C APPLY

**WE ♥  
VEGANS**

SIMPLY LOOK FOR THE VG SYMBOL NEXT TO OUR FRESHLY PREPARED MEALS, AND ASK YOUR SERVER FOR TODAY'S VEGAN-FRIENDLY ALTERNATIVE

**2 MEALS FOR £11.99**  
**MONDAY - FRIDAY**  
see inside for details

**FREE FUNCTION  
ROOM HIRE FOR  
YOUR NEXT EVENT**  
ASK AT THE BAR FOR DETAILS

T&C APPLY

## - Kids Kitchen -

All kids meals are served with your choice of: chips, curly fries, salad or garlic bread, and come with either peas or baked beans.

**FRIED CHICKEN STRIPS**  
**GRILLED SAUSAGES**  
**MINI BEEF BURGER** (gf)  
**BATTERED FISH**  
**GRILLED HALLOUMI STRIPS** (v, gf)  
**MAC AND CHEESE** (v)

**ALL KIDS  
MEALS  
ONLY £4.99**



DOWS BAR & BISTRO - TEL: 01463 218689  
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BOOK YOUR TABLE ONLINE AT

[DOWSINVERNESS.COM](http://DOWSINVERNESS.COM)



**menu**