

Home made soup of the day (gf)(v)(df)	£4.25
Served with brown bread or oatcakes (gf available)	
Childs portion	£3.00
Hot smoked salmon chowder (gf)	£5.50
Served with brown bread or oatcakes (gf available)	
Soup and sandwich combo (gf available)	
♥ Soup and half a sandwich without the trimmings	£5.00
♥ Chowder or seafood sandwich	£6.25
Sandwiches (gf available)	
Freshly prepared to order; served with a dressed side salad, home made coleslaw and crisps. Brown or white sliced bread.	
♥ Savoury cheese	£5.25
♥ Egg mayonnaise	£5.25
♥ Tuna mayo and red onion (optional)	£5.95
♥ BLT – bacon, lettuce, tomato and mayo	£5.95
♥ Locally smoked salmon with cream cheese and a side of Viv's dill sauce – dillicious!	£7.45
♥ Loch Torridon squat lobster with marie rose mayonnaise	£7.95
Love local seafood? Can't decide on a filling?	
Why not try our half and half seafood sandwich – smoked salmon and squat lobster: - a firm favourite at Nanny's!	
	£7.95
Childs sandwich	
Half a sandwich, crisps and something healthy!	
	£3.25
Toasted sandwiches	
♥ Tuna melt	£6.25
♥ Cheese, ham and home made tomato chutney	£6.25
Hot smoked salmon pate (gf available)	
Locally smoked salmon pate served with oatcakes, dressed side sald and lemon.	
	£6.95

Hot smoked salmon salad (gf available) £12.95
Smoked locally at Loch Torridon Smoke House, served with dressed salad, homemade coleslaw, Viv's dill sauce and brown bread and butter.

Langoustine salad (gf available) £14.95
Loch torridon langoustine, caught daily by Frosty our friendly fisherman! Served in the shell with dressed side salad, home made coleslaw, a chunk of lemon, marie rose mayonnaise and brown bread and butter.

♥ **Bacon Roll** £2.95
♥ **Double egg roll** £2.95
♥ **Bacon and egg roll** £3.25

Cheesy beans on toast – sunshine on a plate! £3.50

Jammy piece £1.50

Capaldi's dairy ice cream - made in the highlands

♥ Single scoop waffle cone £1.95
♥ Double scoop waffle cone £2.95
♥ Bowls and take away tubs (per scoop) £1.00
♥ Cadbury's flake 30p

Cheesecake of the day
Homemade an served with fresh pouring cream £3.75

Scones
Eunices home made scones served with butter and jam £2.50
or fresh cream,butter and jam £2.95

Cakes and tray bakes
Please see the counter for todays selection of freshly made goodies.

Please order at the till.

FOOD ALLERGIES AND INTOLERANCES
Please speak to a member of staff about your requirements before ordering.

What is a Squat Lobster?

One of the most frequently asked questions in Nanny's so thought I would write a wee explanation!

The shellfish sold at Nanny's is all caught locally in Loch Torridon and Loch Shieldaig. My husband Frosty is one of about ten local fisherman, he works alone but some larger boats require one crew member. All the fishing boats are moored in the sheltered bay at Ardheslaig which you will have passed if you have travelled the coast road to or from Applecross. All the boats fish locally and return daily.

About 70 creels or 'pots' as they are sometimes known, are tied together on a length of rope, this is called a 'fleet of creels'. A piece of bate, such as salted herring, is placed in each creel before they are thrown overboard. The creels sit on the seabed for one or two days until the fishermen return to haul their creels and land their catch.

Langoustine, crabs and lobsters are all caught locally using the creel method of fishing which is much kinder to the sea bed than trawler fishing. Most of the shellfish is exported to Spain and France by local seafood export companies, but thankfully, we keep some for ourselves so the customers at Nanny's are able to enjoy the local seafood as they sit looking at the Loch where it was caught. You might even see Frosty's little red boat out there!

Despite its name the squat lobster is not a true lobster at all but a member of a separate family – Galatheidae – which makes them closer to species of small crabs than lobsters. Despite this the name squat lobster appears to have stuck to this species, probably because superficially they do look closer to lobsters than crabs.

Squat lobsters are caught as a by product in langoustine creels but, unlike langoustine, 'squats' do not travel well and are therefore only available fresh where they are landed. Squat lobsters are smaller than langoustine and slightly sweeter in taste. If you like a prawn mayonnaise sandwich, you'll love Frosty's squats!

Fishing is weather dependant so while we try our very best to have local shellfish available to our customers this is sometimes not possible so apologies in advance if this was the case when you visited.

