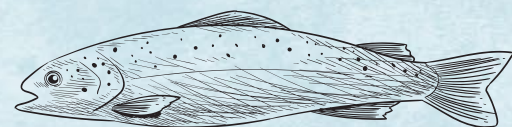




# HIGHLAND FISH BAR

WELCOME TO THE HIGHLAND FISH BAR!

- Freshly Caught
- Locally Sourced
- Sustainable
- Delicious



## HADDOCK & CHIPS

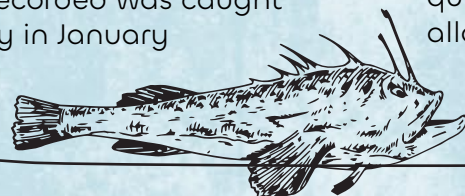
**Fun Fact:** The UK lands approximately **32,919 tons** of haddock each year. Most haddock weigh between **2 and 7 pounds** and measure **14-23 inches long**. However, they can get much larger. The largest haddock caught on record measured **44 inches** and weighed nearly **40 pounds**!

## JUMBO HADDOCK & CHIPS

A larger catch for a bigger appetite. **Did you know?** All our chips are made from seasonal potatoes, freshly cut each day and perfectly cooked to complement your meal.

## MONKFISH SCAMPI & CHIPS

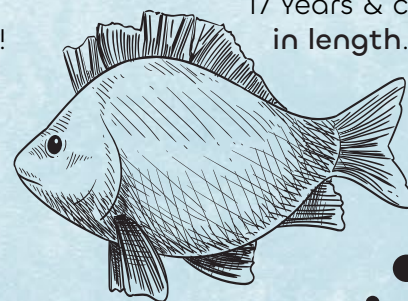
**Did You Know?** Monkfish, a deep-water fish, typically resides at depths of around fifty metres, though often much deeper. Found in the northeast Atlantic, parts of the Irish Sea, the English Channel, and the North Sea, the largest monkfish ever recorded was caught off the coast of Norway in January 2012, weighing an impressive **250 lbs**.



# MAINS

## SOLE GOUJONS & CHIPS

**Interesting:** The UK lands approximately **1448 tonnes** of lemon sole annually. The largest recorded lemon sole weighed **31b 15oz** and was caught off Andørja, Norway in 2004. Lemon sole can live up to **17 Years** & can grow up to **60cm** in length.



All our fish are fried in **crispy batter** and served with **fresh lemon** and **tartar sauce**.

## KING PRAWNS & CHIPS

**Fun Fact:** King prawns can swim backwards by quickly flexing the lower part of their tail, allowing them to escape predators swiftly.



# SIDES

CHIPS	£6	MUSHY PEAS	£2
CURRY SAUCE	£2	PICKLED ONIONS	£1.5
GRAVY	£2		

CONDIMENTS 60P  
Tomato Ketchup / Tartar Sauce / Mayonnaise

# LITTLE TIDDLERS

HADDOCK & CHIPS	£11
SOLE GOUJONS & CHIPS	£11
MONKFISH SCAMPI & CHIPS	£11

## DID YOU KNOW?

### FRESH & LOCALLY SOURCED

Every fish on your plate is caught daily from the rich Scottish waters, then swiftly delivered to Peterhead and Scrabster ports before arriving at our Highland fish bar, ensuring freshness and supporting our local fishing communities.



### FISH & CHIPS IN CULTURE

First sold by Malin's in East London in 1860, fish and chips quickly became a national treasure. During WWII, they were one of the few foods not rationed in the UK, earning high praise as "the good companions" by Winston Churchill.



### POTATOES

Originating from the Andean mountains of southern Peru and northwestern Bolivia around 8000 BC, the potato was one of the first vegetables ever cultivated. As it spread across continents, the potato became a cherished part of global cuisine, for its ability to satisfy hunger and its low rate of spoilage.



### PETERHEAD PORT

The largest fishing port in the UK, where a significant portion of our fish is sourced. In 2023 alone, 193,297 tonnes of fish were landed here, contributing significantly to the meals we serve.



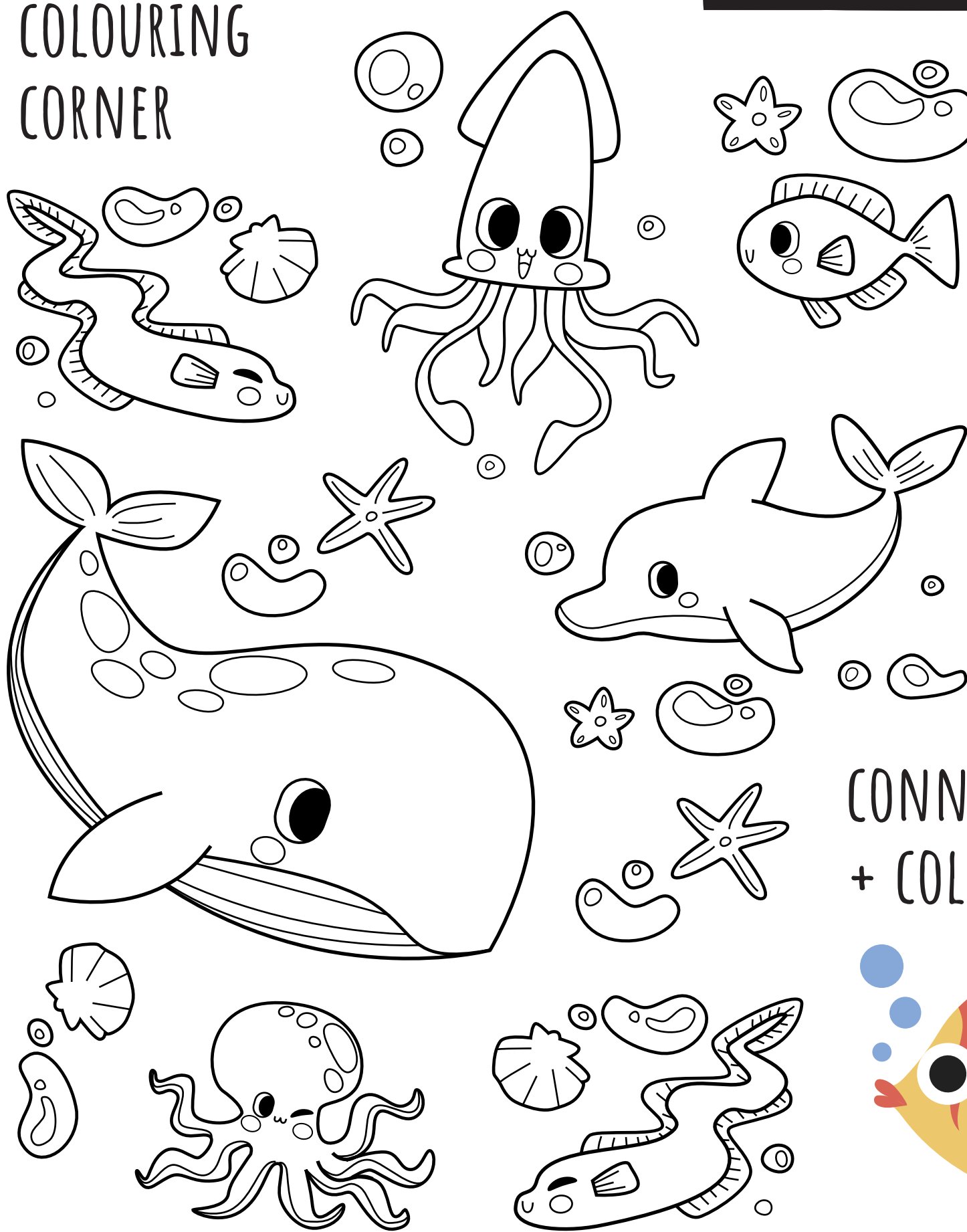
### SCRABSTER PORT

A vital gateway to the North Atlantic's fishing grounds, Scrabster is renowned for its vibrant seafood industry. This northern Scottish port is crucial for landing quality whitefish and shellfish, with thousands of tonnes handled each year, directly influencing the freshness and variety of our menu offerings.

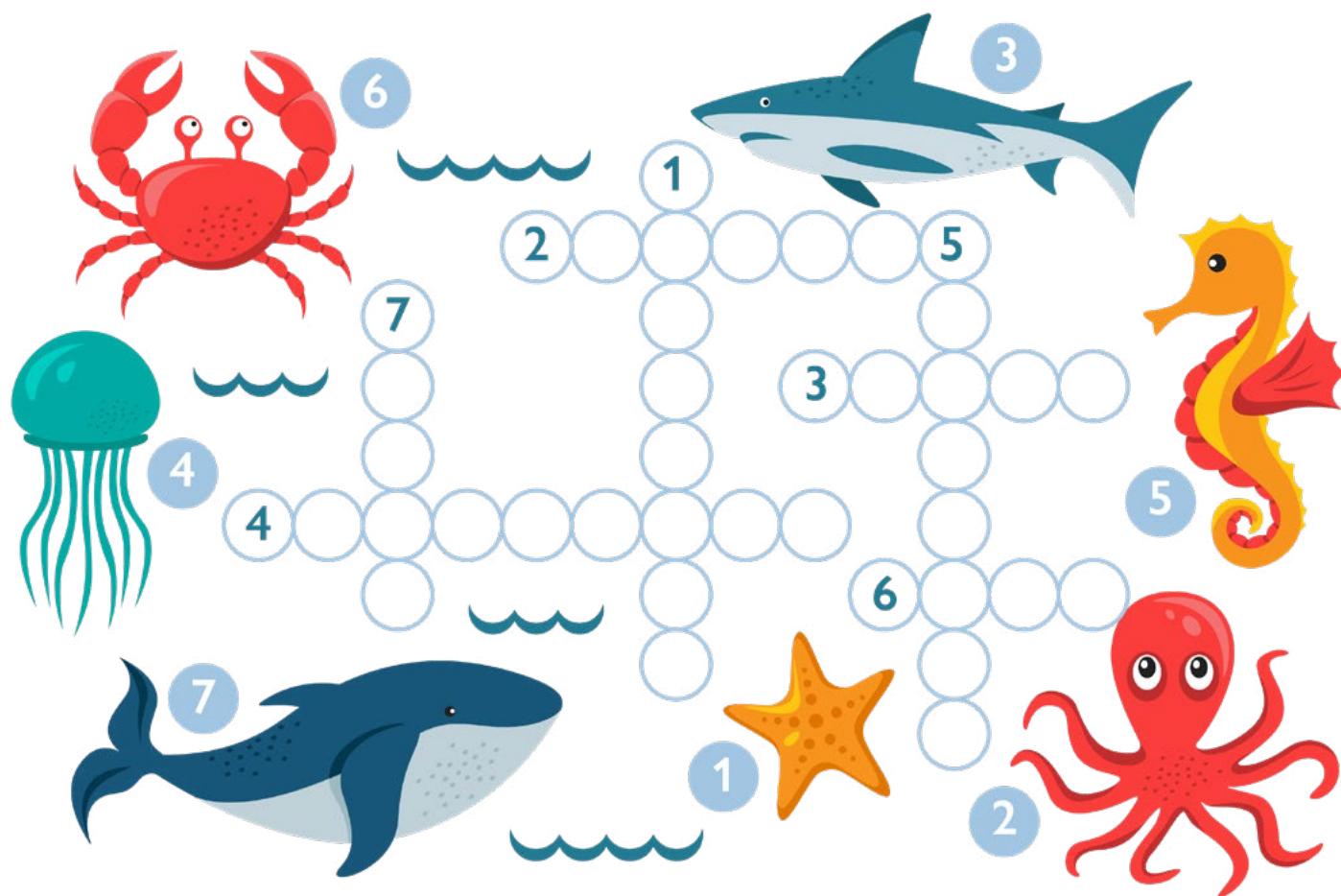


# FOR THE LITTLE TIDDLERS

## COLOURING CORNER



## COMPLETE THE WORD PUZZLE



## CONNECT THE DOTS + COLOUR ME IN

