

dinner

Salad

King prawn cocktail,
set on petits herbes, and lemon wedges £9.25

HS1 home-made antipasto di verdure,
flame roasted pepper, asparagus, olives, cherry
tomato, sunblush tomato, hummus, borlotti beans
and sliced wholemeal bread £9.25

Crispy chicken pakora salad with mixed leaves,
chick peas, melon, cocktail potato salad,
with coriander, spring onion, vegetable raita
and mint onion paw paw yoghurt dressing £8.50

Caesar salad with Cajun seasoning herbs,
garlic and English mustard marinated chicken
strips with Parmesan cheese £9.25

Warm crispy chicken strips with mozzarella cheese,
cucumber, tomato, onion, pineapple and lettuce,
with homemade sweet chilli and
lemon vinaigrette dressing £9.25

Warm frying steak and beetroot salad with
capers, sour cream and horseradish jam £9.50

Mozzarella, peach, melon balls and
prosciutto salad with balsamic and olive oil £8.95

Side dishes:

French fries £2.25
Battered onion rings £2.00
Garlic bread £2.00
Cheesy garlic bread £2.50
Mixed house salad £2.95
Black and green olives £2.00
Coleslaw £2.00
Mashed potato £2.00
Steamed vegetables £2.00

Children's menu £6.75

Spaghetti bolognese

Macaroni cheese

Goujons of local white fish with chips, beans or salad

Local mini sausages with chips and beans or salad

Crispy chicken strips with chips and beans or salad

Baked potato with baked beans or sweet corn

Cheese and tomato pizza with chips, beans or salad

Home-made ice cream in a cone

Each children's meal will be accompanied by our special children's cocktail
created with a blend of fruit juices

Desserts

Please see the specials menu



Special occasion?
Why not check out our cocktail menu?



Sunday lunch? Ask about our soup and
roast deal - every Sunday, £13.25.



Flaming June. It's not too early to book for
Christmas lunch - please ask for a brochure.



For the latest news, search 'HS-1'

dinner

HS-1
cafe bar

HS-1 cafe bar

dinner

Starters

Home-made soup , served with crusty bread roll	£3.95
Deep fried Boursin cheese , Cheddar, cayenne pepper and herb fritter with red onion marmalade and salad vinaigrette	£5.75
Course meat terrine , with chutney and crusty roll	£5.50
Folded calzone pizza , stuffed with spicy beef, sausage, vegetables and cheese, gratinated with cheese and BBQ sauce	£6.25
Stornoway haggis and black pudding tower with roasted onion, mushroom, mashed potato and shallot gravy	£5.95
Long boat potato filled with crispy bacon and red onion, cheddar cheese, gratinated and served with salad and BBQ sauce	£6.75
Fresh local mussels cooked in white wine, shallots, garlic, flat parsley and cream	£6.75
Chicken strips marinated in tikka masala , or chicken pakora, served with raita and paw paw mint chutney	£6.25
Classic prawn cocktail , bedded on salad leaves with lime rings	£6.25
Thai flavour local hake and lemon sole fish cake with home-made sweet chilli sauce	£6.95

Wraps

Slow braised, topside of beef , with cooked ham, caramelised onion, BBQ sauce, chilli mayo, lettuce and horseradish jam	£8.75
Pan grilled pork , spicy sausage, black pudding, onion, lettuce, cheese, with Cajun mayo and sweet chilli sauce	£9.25
Fish taco : deep-fried battered haddock, lettuce and mayonnaise, with a salsa of sour cream and chilli tomato	£8.75
Mixed local seafood , cooked in Malaysian laksa flavoured with coconut cream	£9.75
Murg makhani : tandoori chicken strips cooked in rich butter tomato sauce and cream	£9.50
Chicken pakora : light spicy battered chicken, mixed salad and raita, with paw-paw mint chutney	£8.50
Shredded mild Cheddar cheese , lettuce, cucumber, onion and tomato, olive oil and French dressing	£8.25
Chicken fajita	£9.25

Chicken Cajun	£9.25
Crispy chicken	£9.25
Shredded beef cooked with pepper, chilli, garlic and cheesy gravy	£9.75
Spicy chicken tikka , mixed salad and raita, with paw-paw mint chutney	£9.25

Seafood

HS-1 local mixed seafood pot cooked with rice and tomato	£18.50
Local mixed seafood platter , monkfish, salmon, scallop, king prawn and mussels cooked in white wine and cream	£17.95
King prawn jambalaya cooked in basmati rice with spicy sausage, chicken, chilli, tomato, pepper and spring onion	£13.95
Local salmon, king prawn and mussels cooked in Malaysian laksa broth with homemade noodles and served with rice	£11.50
Local mixed seafood chowder , cooked in leek, celery, pepper, spicy sausage, sweet corn, rice and cayenne pepper served with crusty bread roll	£12.95
Lewis salmon fillet with Stornoway haggis and black pudding served with whisky and shallot gravy	£14.75

Burgers

HS1 6 oz burger	£8.75
HS1 12 oz burger	£11.25
Chicken fillet marinated with fresh herbs, Cajun seasoning and English mustard	£9.25
Homemade Himalayan style vegetable burger	£8.25
<i>All served with house salad, coleslaw and French fries</i>	
Extra toppings : bacon, fried egg, cheddar cheese, BBQ sauce, jalapeno pepper relish, tomato salsa, sweet chilli sauce, tomato relish, mayonnaise	each £0.70

Grills

8 oz Sirloin steak	£17.95
6 oz Dingley Dell Pork chop	£10.95
<i>Grills served with roasted mushroom, onion, vegetables and potato of the day or mixed salad and chips</i>	
Sauces : green peppercorn / whisky and onion / mushroom and rosemary	£1.95

Main courses

Scottish free range chicken breast stuffed with local haggis and served with green peppercorn sauce	£13.95
Bacon wrapped Pork loin with pork sausage , served with ruby Port reduction and apricot gravy	£14.50
Pan grilled saddle of lamb , with fresh mint gravy	£18.50
Fresh Nantes duck breast and ruby Port deglaze, with wildflower honey and apricot jus	£18.50
Oven baked boneless half chicken , marinated with mustard, yoghurt and Cajun spices, served with green peppercorn sauce	£14.95
HS-1 home-made steak pie with vegetables and chips	£11.50
Thai red or green curry served with rice - your choice of chicken/seafood/vegetable	£11.25/£12.50/£10.25
Murg makhani : tandoori chicken strips cooked in rich butter tomato and cream served with plain rice	£11.50
Pat Thai wok stir fry with homemade noodles - your choice of chicken/beef/seafood	£12.25/£13.95/£13.50
Royal chicken breast hot-pot , cooked in red wine, onion, beef jus, potato and black pudding	£12.95
Home-made warm leek, potato, brie cheese and spinach quiche served with salad and chips	£9.95
Vegetarian shepherd's pie with mild cheddar cheese mash	£9.95

Pasta

Choose your pasta and sauce : Tagliatelle, Spaghetti, Penne or Macaroni	
Local lemon sole , hake, chilli, lemon zest, onion, parsley, tomato and extra virgin olive oil	£10.50
Campagnolo : tomato and basil sauce	£8.25
Meat balls in tomato , gratinated mozzarella	£8.75
Boscaiola : bacon, mushroom, onion, garlic, cheese and cream	£9.25
Amatriciana : chicken and bacon, onion, garlic and tomato sauce	£9.25
Lewis mussels and king prawns , tossed with garlic, chilli, white wine and extra virgin olive oil	£9.50
Fresh Lewis salmon and avocado fricassée cooked in onion, garlic, white wine and cream cheese	£9.25
Local seafood tossed with garlic, extra virgin olive oil, white wine, flat parsley and butter	£9.95

Allergy and dietary information: Some items on this menu may contain nuts or other allergens. If you need advice, please ask your server, who will be happy to obtain the information you require.

All prices are inclusive of VAT at the standard rate. We insist on fresh ingredients of the highest quality - should any of these become unexpectedly unavailable, our ability to offer some menu items may be affected.