



THE
SPIRITUALIST
BAR AND RESTAURANT

A LA CARTE MENU

PROVENANCE STATEMENT

At The Spiritualist, we are passionate about the quality as well as the seasonality of Scottish food and are committed to creating menus using the best produce available during the year to produce dishes reflecting the changing seasons and reducing food miles.

Our Executive Head Chef, Mark Stocks carefully selects our suppliers, supporting local independent businesses and focussing on responsible and sustainable sources throughout Scotland.

Our beef & lamb comes from Millers of Speyside, Millers of Speyside is a privately owned company based in Grantown on Spey. Located within the Cairngorm National Park in the Heart of the Scottish Highlands. The Cairngorms was made a National Park in 2003 because it is a unique and special place.

Our seafood is supplied by Bernard Corrigan LTD, based in Glasgow, whose seafood division's close contacts with the fishing industry guarantees that we are able to present our diners with quality, fresh seafood from traceable, sustainable sources.

Other fresh seasonal produce such as vegetables and fruit, is sourced locally where possible & delivered daily from Direct Fruit & Veg.

To complement our desserts we use free range organic eggs from local farms, Scottish cheeses for our cheeseboard and Woody's Ayrshire Dairy Ice Creams.

SET LUNCH & PRE-THEATRE MENU

2 COURSES £13.95

3 COURSES £15.95

(add a glass of house wine £2.00)

Available 12 til 6.45

SUNDAY ROAST MENU

2 COURSES £13.95

3 COURSES £15.95

Available Sundays

12 noon - 6.45pm

STARTERS

SOUP OF THE DAY (v) £3.95
fresh crusty bread

HERITAGE TOMATO & BUFFALO MOZZARELLA CAPRESE (v) £6.75
sun-dried tomato pesto & black olive crumb

ARBIKIE KIRSTY'S GIN CURED SCOTTISH SALMON £7.50
pickled samphire, shallots & caviar dressing

HAM HOCK & ISLE OF ARRAN SMOKED CHEDDAR CROQUETTES £6.95
butternut squash puree, crisp capers & pancetta

BETROOT PANNACOTTA (v) £6.95
lochaber goat's cheese, candied walnuts, focaccia croutons & watercress

CRISP SOFT SHELL CRAB £8.50
red onion, chilli & coriander salsa, guacamole & confit tomatoes

SMOKED PERTSHIRE WOOD PIGEON £8.95
truffled potato terrine & pickled wild mushrooms

SEARED SHETLAND KING SCALLOPS £9.50
confit chicken wings, sweetcorn puree & crisp pancetta



SHARING PLATTERS

(ideal as a starter for 2)

SCOTTISH SEAFOOD PLATTER £18.95
harris smoked salmon, marinated north-sea herring,
grilled tiger prawns, moules mariniere & crispy fried soft shell crab.
served with sourdough toast, saffron rouille & lemon

CONTINENTAL CHARCUTERIE PLATTER £18.50
classic continental cured meats
served with spiced pear chutney, pickles & toast

MAIN COURSES

POT ROAST CHICKEN 'COQ AV VIN' £13.95
pomme boulangere & french beans

GNOCCHI PUTTANESCA (v) £9.95
roast red pepper, black olive & capers

SWEET POTATO, CHARD & FETA LASAGNE (v) £10.50
parmesan cream & pea shoot salad

STICKY MILLERS OF SPEYSIDE BEEF BRISKET £14.50
spiced sweet potato wedges, beetroot & celeriac remoulade

21 DAY AGED ABERDEEN ANGUS STEAK BURGER £12.95
homemade beef burger filled with pulled pork & confit red onion.
served on a toasted brioche bun topped with melting howgate brie, char-grilled apple
& jalepeno ketchup. with fries & dressed salad

CROUSTADE OF BRAISED INVERNESS-SHIRE VENISON £16.95
candied chestnuts, spiced red cabbage & redcurrant jus

VEAL SALTIMBOCCA £19.95
truffle mash, capers, parsley & lemon



SEA & SHELLS

CRISP FILLET OF SEABASS £15.95
shredded thai salad, roast peanut & chilli sambal

HOME SMOKED HADDOCK 'CULLEN SKINK' £14.95
potato, mussel & leek broth

PAN-ROAST ISLE OF GIGHA HALIBUT £19.95
seafood ravioli, lemon & caviar cream

PAN SEARED MACKERAL £12.95
confit potatoes, tomato, saffron & caper dressing

REAL SCAMPI WITH REAL CHIPS £16.50
goujons of peterhead landed monkfish tail in herb breadcrumbs with mushy peas, tartar & lemon

GRILLS

MILLER'S ABERDEEN ANGUS BEEF

served with hand cut chips, stuffed beef tomato, shallot puree, roast field mushrooms & your choice of sauce

SIRLOIN 10 oz £28.50 FILLET 8 oz £29.95

RACK OF SPEYSIDE LAMB £28.95

Choose from:

red wine jus, peppercorn, diane, béarnaise or blue cheese

ADD "SURF & TURF" GARLIC KING PRAWNS £4.95

WHOLE GRILLED PLAICE £15.95

brown shrimp butter & parsley potatoes



SIDE DISHES

DRESSED HOUSE SALAD £3.50 AVOCADO, ORANGE & ROCKET SALAD £3.50

HAND CUT CHIPS £3.50 BUTTERED GREENS £3.50

CHARRED CONFIT CARROTS £3.50 GARLIC & ROSEMARY ROAST £3.50
AYRSHIRE NEW POTATOES



DESSERTS

PINA COLADA £6.25

char-grilled pineapple, coconut ice cream & strawberry compote

TREACLE & LEMON TART £5.95

crème fraiche & berries

CHOCOLATE & ORANGE FONDANT £6.95

vanilla ice cream, rosemary & orange dust

ESPRESSO PARFAIT £6.25

praline crumb & cappuccino foam

A PLATE OF SCOTTISH CHEESE £7.95

smoked arran cheddar, howgate brie, isle of mull cheddar & strathdon blue.
date & apple chutney, home-baked oatcakes, grapes & celery

WOODY'S AYRSHIRE FARM DAIRY ICE CREAMS £5.50

warm fudge sauce & cookies

WHITE WINES

| | 175ml | 250ml | Bottle |
|---|-------|-------|--------|
| THE SPIRITUALIST SAUVIGNON BLANC, CHILE Intensely floral with elderflower notes and a grassy quality. The palate reflects the same fruit profile with crisp acidity and a touch of citrus fruit on the finish. This is a dry white with a medium body. | £4.30 | £5.90 | £16.95 |
| RED ROCK CHARDONNAY, AUSTRALIA This wine has had no contact with oak so therefore none of the flavours appear, that have put many people off Chardonnay, recently. What it shows is all the juicy peach, apricot & stone fruit characters that make it a phenomenally easy-drinking wine. | £4.50 | £6.10 | £17.95 |
| STILL BAY CHENIN BLANC, SOUTH AFRICA South Africa's classic white grape varietal. The seductive southern African sun helps make this Chenin Blanc a mouth-watering glass of tropical fruits balanced by a racy acidity. | £4.50 | £6.10 | £17.95 |
| VINA ROSELLA TAI/ PINOT GRIGIO, ITALY A superior blend of Tai, a grape variety local to the North East of Italy & the ultra-favourite, Pinot Grigio. It is pale light yellow colour with fresh notes of white flowers & apple on the nose. The palate is harmonic, dry, soft & well-balanced. | £4.95 | £6.50 | £18.95 |
| MUREDA ORGANIC SAUVIGNON BLANC, SPAIN Mureda is the largest organic vineyard in the world with over twelve hundred planted. The wine shows a very pleasant fruity aroma of pineapple & peach with floral notes that is followed by a fresh, rounded & fruity aftertaste. | | | £19.50 |
| BUTTERFLY RIDGE RIESLING/ GEWURZTRAMINER, AUSTRALIA The Riesling displays the floral rose petal notes followed by a kick of spice from Gewurztraminer. A little sweetness from the exotic fruit on the palate balanced perfectly with crisp acidity. | | | £20.95 |
| SAUVIGNON GRIS, GRISET, LANGUEDOC, FRANCE The Sauvignon Gris grape is a close cousin to the much more famous Sauvignon Blanc. The major difference is that this variety, while having all the wonderfully tropical notes that we have come to love from drinking Sauvignon Blanc, it has slightly less of the zippy acidity. | | | £22.95 |
| PICPOUL DE PINET LES JEANTELS, LANGUEDOC, FRANCE Very much a wine of the moment, Picpoul is a dry white with a pale gold colour & fresh orchard fruit aromas leading into a refreshing palate with elegant citrus hints. | | | £24.50 |
| BARREL FERMENTED CHARDONNAY, CASTILLO MONJARDIN, SPAIN A wine for lovers of the oaked style, as the initial toasted aroma of the barrel predominates, whilst maintaining it's freshness. As the wine opens, more luscious soft fruit is evident with a cleansing fresh acidity on the finish. | | | £26.95 |
| SANTA EMA AMPLUS SAUVIGNON BLANC, CHILE All the aromatic greengage and gooseberry flavours of sauvignon but with a lick of fresh minerals. The wine has more weight than you would expect from a Chilean Sauvignon but retains its elegance & poise to its crisp finish. | | | £29.95 |
| SANCERRE DOMAINE HUBERT BROCHARD, LOIRE, FRANCE This Sauvignon Blanc from the Loire Valley in France offers grapefruit, lime, spice & mineral notes. On the palate you find fresh citrus, honey, spices, minerals & even a hint of herbal teas. | | | £39.50 |
| CHABLIS DOMAINE LONG-DEPAQUIT, BICHOT, BURGUNDY, FRANCE Pale yellow colour with light green highlights tell a great deal about the character which is bursting with mineral precision & finesse. A very pure nose that has aromas of white flowers & flint, which opens up, to a palate that boasts an elegant combination of almond notes & lovely vivacity. | | | £44.95 |

ROSÉ WINES

| | 175ml | 250ml | Bottle |
|---|-------|-------|--------|
| BORREGO SPRINGS ZINFANDEL ROSE, USA A fruity & fun blush wine with light strawberry aromas & red berry fruit flavours. | £4.50 | £6.10 | £17.95 |
| PINOT GRIGIO LA CASADA, ITALY A dry character rose that is wonderfully refreshing, with crisp acidity that is backed up by pleasant soft, red fruit flavours. | £4.95 | £6.50 | £18.95 |

SPARKLING WINES

| | | 125ml | Bottle |
|---|--|-------|--------|
| PINOT GRIGIO ROSATA IGT SPUMANTE, ITALY The beautiful pink appearance comes from the skins of the grapes which have a copper-coloured hue. The wine itself is a lively rose fizz with delicate aromas of red berries & a palate of lush, summer fruits. | | | £21.95 |
| PROSECCO SPUMANTE BAROCCO, ITALY Now a well established delicious and hugely popular wine in its own right, Prosecco is not an imitation champagne. It shows a delightful balance with plenty of peachy fruit, a gentle mouth-feel and a delicate light finish. | | £6.95 | £23.95 |

All our wines have been carefully selected by Guy Chatfield, Prestige account manager at Inverarity Morton.



| RED WINES | <i>175ml</i> | <i>250ml</i> | <i>Bottle</i> |
|--|--------------|--------------|---------------|
| THE SPIRITUALIST, MERLOT, CHILE | £4.30 | £5.90 | £16.95 |
| An attractive nose with ripe red and stone fruits overlaid with a herbal quality. On the palate these develop to show ripe plum and prune flavours with an accessible structure. | | | |
| MONTE DI CELLO SANGIOVESE, ITALY | £4.50 | £6.10 | £17.95 |
| Literally translated, Sangiovese means, the “blood of Jupiter” – harking back to its Roman roots. This is a lovely soft wine, dark ruby in colour with red cherries & violets on the nose & a good medium weight palate. | | | |
| STILL BAY PINOTAGE, SOUTH AFRICA | £4.50 | £6.10 | £17.95 |
| Showing beautifully soft smoky flavours with plum & cherry fruit flavours, this is a great example of the signature red grape variety from South Africa. | | | |
| VALDEMORRO CARMENERE, CHILE | £4.95 | £6.50 | £18.95 |
| Dark brooding hues gives you a hint of the black berries, dark chocolate & coffee that can be found in the glass. The varietal character is sprightly, with medium body & a lovely smooth finish. | | | |
| CHIANTI BOTTER DOCG, TUSCANY, ITALY | | | £19.50 |
| Ruby red colour, with aromas of violet the palate is harmonious and lightly tannic with mouth-watering red fruit. | | | |
| GOYENECHEYA MALBEC, ARGENTINA | | | £20.95 |
| The “it” grape on the red side of the wine list. On the palate it is definitely attractive, fruity & forward with just a little tannin & a punchy blackberry flavour. | | | |
| LOS GANSOS PINOT NOIR CONO SUR, CHILE | | | £22.95 |
| Aromas of berries, black cherries & sweet fruit with hints of toasty oak followed by soft, sweet fruit flavours, fine tannins & a wonderful rich texture. | | | |
| PRIMITIVO IGT BAROCCO, PUGLIA, ITALY | | | £23.95 |
| Intense ruby red colour with fruit cake aromas & full, rich fruit flavours with hints of cinnamon & nutmeg. Primitivo means, the “ancient one” as it has been used in winemaking for over four hundred years. | | | |
| RIOJA CRIANZA, DOM RAMOS, SPAIN | | | £25.95 |
| The result of the Tempraillo dominated blend of this wine, is a classy Crianza! Cherries, red berries and vanilla & luscious tannins come from this ripe softy that spends 14 months in oak & 12 months in bottle prior to release. | | | |
| BLACKWING CABERNET SAUVIGNON, AUSTRALIA | | | £28.50 |
| Dark brick red with lifted aromas of dark plum, mocha & subtle oak characters. Dark berry & plum fruit flavours complimented by spicy overtones. A full, round, generous palate with good structure & length, finishing with firm, fine tannins. | | | |
| WOODSTOCK SHIRAZ, AUSTRALIA | | | £36.95 |
| Deep vibrant cerise colour with some youthful purple hues. Mint & spice aromatics belie the full but velvety smooth, lingering palate. Soft, yet powerful tannins offer you sensational drinking from this more-ish Shiraz. | | | |
| CH. LYONNAT, ST EMILION, BORDEAUX | | | £42.50 |
| A beautifully structured claret that will appeal to those who love this sort of wine. If you're unsure about trying it, please do as its rounded, well developed, ripe fruit will truly reward your choice. | | | |
| AMARONE, DOMINI VENETI AMARONE, ITALY | | | £55.00 |
| This famous wine from the Veneto area of northern Italy has both intensity and structure. Gentle floral aromas of lavender and violets, that lead you into a body that is full & rich. Demonstrating the classically Italian black cherry flavours and dark chocolate Amarone characteristics you'd hope to find, the finish has a wonderful length and class. | | | |
| CHAMPAGNE | | <i>125ml</i> | <i>Bottle</i> |
| POILVERT JACQUES BRUT NV, CHAMPAGNE | | £8.95 | £35.95 |
| Made to a classic style in the village of Talus St Prix, which lies very close to the world famous Epernay. A wine with all the brioche and lusciously elegant fruit you would expect on the palate that seduces you with a long finish. | | | |
| LAURENT PERRIER BRUT, NV, FRANCE | | £10.95 | £55.00 |
| Subtle spice & hints of citrus with warm toasty notes balance the freshness of fruit. Perfectly balanced a soft mouthfeel belies the strong structure of the wine. Finishes clean yet delicately lingers. | | | |
| LOUIS ROEDERER BRUT PREMIER, NV, FRANCE | | | £60.00 |
| White peaches & creamy buttery aromas, with ripe peach flavours & an attractive toastiness on the palate. Good length. | | | |
| LAURENT PERRIER ROSE, NV, FRANCE | | | £95.00 |
| Bright, fresh & intense, with notes of raspberries, strawberries & black cherries; fresh fruit on the palate followed by a full-bodied yet elegant mouthfeel. | | | |
| LOUIS ROEDERER CRISTAL BRUT, FRANCE | | | £250.00 |
| The jewel of the house is cristal, created in 1876 for Tsar Alexander ii. This is champagne at its finest, as inspired today as it has always been, the embodiment of elegance & purity. | | | |



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