



## *A Family Affair*

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Opened in 2004, the name Mona's is dedicated to the memory of Moira's Grandmother, Mona Cram. Her great food and gorgeous home baking continue to inspire our menus today!

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**Owners: Peter and Moira Miller**

**Mona's of Muckhart, Main Street, Muckhart FK147 7JN**

**Tel: 01259 781322**

**[www.monasofmuckhart.co.uk](http://www.monasofmuckhart.co.uk)**



## *Outside Catering*

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Don't forget we also do outside catering, whether it's a small lunch party or a large gathering you need to cater for. Ask for details or a leaflet.

## *Can't be bothered to cook?*

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Why not take home a ready meal from our new range of homemade dishes. Ask for details or a leaflet.

## *Need a cake for an occasion?*

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Why not pick up one of our delicious home baked cakes and desserts, you'll be sure to impress!

### **HOURS OF BUSINESS - OPEN 7 DAYS**

Monday - Saturday 9.00am to 5.00pm

Sunday 10.30am to 5.00pm

Payment accepted by cash, credit or debit card

### **ALLERGIES & INTOLERANCES**

Before you order your food and drink please speak to our staff if you want to know about our ingredients.

# *Breakfast*

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## **BREAKFAST SERVED TILL 11.30AM**

Bacon Roll freshly grilled bacon on a large soft bun	£3.90
Mighty Mona sausage, bacon, black pudding and egg served on a large soft bap	£5.95
Scrambled Eggs topped with crispy bacon served on a toasted bap	£5.95
Scrambled Eggs topped with smoked salmon served on a toasted bap	£6.95
French Toast dusted with icing sugar and served with delicious maple syrup (add crispy bacon)	£5.25 £6.25

# Soup & Sandwiches

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## SOUP

Homemade Soup of the Day £4.25  
served with crusty bread.

*Gluten free bread available - extra 25p*

Soup and Sandwich Combo £7.50  
bowl of homemade soup served with a sandwich of your choice  
with potato crisps on the side

As above served with either a Panini, Toastie or Wrap £7.95

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## SANDWICHES

*All our sandwiches are freshly made using white or malted brown and served with a delicious side salad. Gluten free bread available - extra 50p*

Free Range Egg Mayonnaise £5.50  
seasoned with black pepper **(V)**

Honey Roast Ham £5.75  
cheddar and chutney

French Brie with Cranberry Sauce £5.75  
and sliced apple **(V)**

Chicken and Bacon Mayonnaise £5.95

Tuna Mayonnaise £5.95  
garnished with slices of cucumber

Juicy Prawns in a Marie Rose Sauce £6.50  
on a bed of shredded lettuce

# Toasted Sandwiches & Paninis

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## TOASTED SANDWICHES

*Toasted sandwiches are all freshly prepared using white or malted brown bread served with a delicious side salad. Gluten free available - extra 50p.*

Cheddar Cheese and Pineapple (V)	£5.75
Honey Roast Ham with Scottish Cheddar	£5.95
Honey Roast Ham with a choice of tomato, pineapple or chutney	£5.75
Coronation Chicken Breast and Sliced Banana	£5.95
Chicken and Crispy Bacon in Mayonnaise	£5.95
French Brie, Crispy Bacon and Cranberry Sauce	£5.95
Haggis, Cheese and Chilli Chutney	£5.95
Sausage, Fried Onion and Chilli Chutney	£5.95

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## PANINIS

*Paninis are all freshly prepared and served with a delicious side salad.*

French Brie, Crispy Bacon and Cranberry Sauce	£6.95
Honey Roast Ham with Scottish Cheddar and Autumn Fruits Chutney or Pineapple	£6.95
Coronation Chicken and Sliced Banana	£6.95
Honey Roast Ham with Scottish Cheddar and Pineapple	£6.95

# Wraps & Salads

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*Why not try one of our tortilla wraps as an alternative to a sandwich.  
All served with a delicious freshly prepared side salad.*

## WRAPS

Cajun Chicken	£6.95
spicy cajun chicken combined with salad leaves on a creamy mayonnaise	
Tuna	£6.95
tuna mayonnaise combined with finely chopped cucumber, onion and shredded lettuce	
Savoury Cheese	£6.95
Scottish cheddar, onion and chopped apple in a creamy mayonnaise <b>(V)</b>	

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## HEALTHIER SALADS

Cajun Chicken	£7.95
salad leaves, cajun chicken combined with fruit, nuts and seeds <b>(GF)</b>	
Honey Roast Ham	£7.95
strips of honey roast ham, salad leaves combined with fruit, nuts and seeds <b>(GF)</b>	
Prawn and Smoked Salmon	£8.95
juicy prawns in Marie Rose sauce, smoked salmon on a bed of salad leaves, fruit, nuts and seeds <b>(GF)</b>	

# Hot Dishes

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*All our dishes are homemade using the finest ingredients.*

Fish & Chips breaded haddock, served with french fries and a salad garnish	£9.50
Chicken Curry chicken breast cooked in our own special fruity curry sauce and served with basmati rice	£8.95
Sweet & Sour Chicken chicken breast combined with our own secret sauce served with basmati rice	£8.95
Lasagne minced beef lasagne served with crusty bread and a side salad	£8.95
Macaroni Cheese macaroni covered in a light cheesy sauce served with crusty bread <b>(V)</b>	£7.50
Omelette free range eggs used with a filling of your choice, served with a freshly prepared side salad <b>(GF)</b>	£7.95
Stovies our own tasty recipe served with crusty bread <b>(GF)</b>	£7.50

Last orders for hot dishes 4.00pm unless pre-ordered

# Jacket Potatoes

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*Served with a delicious freshly prepared side salad.*

## CHOICE OF FILLINGS

Free Range Egg Mayonnaise **(V) (GF)** £7.50

Scottish Cheddar and Pineapple **(V) (GF)**

Baked Beans and Cheddar **(V) (GF)**

Tuna Mayonnaise £7.95

Haggis

Chicken and Bacon **(GF)**

Coronation Chicken **(GF)**

Chicken Curry

Chilli Con Carne **(GF)**

Prawns in Marie Rose Sauce **(GF)**

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## SIDE ORDERS

Portion of French Fries £2.95

Side Salad Bowl (single) £2.50

Side Salad Bowl (for sharing) £3.95

## Sweet Bites

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*All our cakes, tray bakes and loaves are baked here on the premises to ensure quality and freshness.*

Freshly Baked Scone served with butter and homemade jam <i>Serve with clotted cream - extra £1.25</i>	£2.25
All Butter Shortbread	£2.00
Banana and Fruit Loaf	£2.40
Traditional Toasted Tea Cake served with butter and jam	£2.25
Fresh Cream Meringue	£3.50
Special Cream Tea scones served with jam & clotted cream with tea or coffee	£5.50

*Why not be tempted by a choice of cakes and tray bakes.*

Tray bakes	£2.40
Cakes  <i>Serve with cream - extra £0.75</i> <i>Serve with luxury ice cream - extra £1.70</i>	£2.95
Luxury Ice Cream (ask for flavours) add a sauce - strawberry, chocolate or butterscotch	£3.95
Kids Cone ice cream cone any flavour topped with a flake	£2.40
Gluten Free Rich Fruit Slice	£2.50
Gluten Free Homemade Shortbread	£2.10

### Afternoon Tea for Two

a selection of sweet and savoury bites served with tea or coffee

£18.95

# *Beverages*

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Cola, Irn Bru, Fanta Orange or Lemonade	£2.10
Presse - Elderflower, Ginger Beer or Raspberry Lemonade	£2.30
Refreshing Mineral Water Sparkling or Still	£2.10
Refreshing Apple Juice	£2.10
Fresh Orange Juice	£2.10
Frothy Milkshakes made with ice cream, a choice of strawberry, chocolate or banana	£2.95

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	Reg Cup	Mug
Regular Coffee	£2.10	£2.30
Cappuccino	£2.50	£2.70
Espresso	£2.00	n/a
Americano	£2.30	£2.40
Flat White	£2.90	
Café Latte (glass or mug)	£2.70	£3.00
Café Mocha vanilla or hazelnut syrup- extra 40p	£2.90	£3.20
Hot Chocolate with a frothy top finished with marshmallows or cream	£2.80	£3.00
Pot of Tea (for one)		£2.10
Choice of Fruit Teas (for one)		£2.20
Earl Grey (for one)		£2.20