

# BREAKFAST MENU

Last orders for breakfast is 1pm

## non-vegetarian

### Reds Breakfast

Two rashers of unsmoked bacon, a Blackgate Premium gluten free link sausage, fried free range egg, beans, tomato, MacSween black pudding, tattie scone, thick white bloomer toast and butter

£6.80

### Breakfast Bagel

Unsmoked bacon, sliced tomatoes, avocado and poached free range egg on a lightly toasted bagel

£5.20

### MacSween Stack

Two poached free range eggs, MacSween black pudding & MacSween haggis and thick bloomer wholemeal toast

£4.50

### Scrambled eggs and Smoked Salmon (gfa)

Two free range eggs, Loch Fyne smoked salmon, two slice of thick brown bloomer toast and butter

£4.40

### Trio of Home Made Pancakes with two slices of bacon and maple syrup (gf,df)

£4.60

## vegetarian

### Vegan Breakfast (vg,gfa)

Mushrooms, tomato, beans, avocado & smoked parika, vegan link sausage and thick white bloomer toast with vegan butter

£6.80

### Avocado Toast (gfa,df)

A light, healthy breakfast of toasted brown bloomer bread topped with fresh avocado and two poached free range eggs and garnished with chopped tomatoes and honey

£5.20

### Trio of Home Made Pancakes with jam, nutella, honey or maple syrup (gf,dfa)

£3.20

### Avocado & Poached Eggs Breakfast Toasted Burrito (df)

Rough chopped fresh tomatoes tossed in hot oil with garlic and chilli flakes. Topped with two poached free range eggs and avocado, drizzled with Reds tomato and blueberry relish then wrapped with fresh leaf in a tortilla and toasted

£6.60

### Vegan Breakfast Bagel (vg)

Vegan buttered toasted bagel, two vegan link sausages, sliced tomatoes and griddled mushrooms

£4.30

### Poached Free Range Eggs with Malted Thick Bloomer Toast (gfa,dfa)

£2.80

### Scottish Breakfast Roll or Vegan Gourmet Sourdough Roll with one item

£2.30

### Add something extra to your breakfast or breakfast roll for 80p each:

Bacon	Blackgate Premium gluten free link sausage	MacSween haggis	MacSween black pudding	Vegan link sausage	Mushrooms	Avocado
Tomato	Tattie scone	MacSween vegan haggis	Fried free range egg	Scrambled free range eggs	Poached free range egg	

### Toast (vg,gfa) Two slices of thick white/brown bloomer or gluten free bread with dairy or vegan butter

£1.40

vg vegan

df dairy free

dfa dairy free available

gf gluten free

gfa gluten free available (items with gluten free bread are 60p extra)

All our food is freshly prepared on the premises where nuts, gluten and other allergens are present. Our menu descriptions do not include all ingredients. If you have a food allergy, please let us know before ordering. We use soya bean oil produced from genetically modified soya.



SCAN ME

# BISTRO MENU

(non-vegetarian)

## Snacks & Starters

- Homemade Nachos** with salsa, sour cream & jalapenos  
with cheese (v) £5.60  
with beef chilli & cheese £6.40
- Chips** hand cut, skin-on Maris Piper Potato (vg,gf,df) £2.80  
with beef chilli and melted cheese (gf) £4.30
- Cullen Skink** with brown bloomer bread (gfa) £5.10  
A hearty soup originating from the fishing village of Cullen in Morayshire with new potatoes, smoked haddock, cream, dill and onions

## Wraps

- A leaf filled flour tortilla with one of the fillings below and served with our homemade nachos and mixed salad leaves dressed with our own honey mustard mayo. As it is or toasted.
- Reds Chilli Jam, Roast Chicken & Sour Cream** £6.60
- Chicken, Bacon & Mayo (df)** £6.90
- Tuna, Lemon Mayo, Avocado & Tomato (df)** £6.90

## Sandwiches

Choose from panini or thick white/brown bloomer bread or gluten free bread (add 60p for gluten free bread). Served with our homemade nachos & mixed salad leaves drizzled with Reds own honey mustard dressing

- Tuna Melt (gfa)** £6.50
- Roast Beef, Red Onion Marmalade & Mayo (gfa,df)** £7.20
- BLT/with Chicken (gfa,df)** £6.70/£7.30
- Bacon, Brie & Cranberry (gfa)** £6.80
- BBQ Chicken, Bacon & Cheese** £7.40
- Haggis Melt** £6.50

## Bagels

Sesame seed New York style bagel, lightly toasted, served with our homemade nachos and mixed salad dressed with our own honey mustard mayo.

- Pastrami, Swiss Cheese, Tomato, Dill Pickles & American Mustard** £7.40
- Roast Chicken, Ham, Crispy Bacon, Swiss cheese, Tomato & Lettuce** £7.90
- Roast Chicken, Bacon, Avocado & Coleslaw (df)** £7.40

## Soup & Sandwich/Wrap/Bagel

Just add £3 to any full size sandwich, wrap or bagel and replace the nachos, salad and bread with a full size bowl of lentil. £4 with Cullen Skink

## Main Meals

- Haggis, Neeps & Tatties** £8.10  
MacSween award winning traditional Scottish haggis with creamy mash potatoes and lightly seasoned mashed neeps
- Fish, Chips & Peas (gf,df)** £8.50  
Locally sourced fresh haddock in a light, crispy batter served with hand-cut, skin-on, chips and petit pois
- Beef Chilli Bowl (gfa,dfa)** £7.60  
With nachos, sour cream dip & chips or rice
- Reds Curry with chips or rice (gf)** £8.50  
A mild chicken curry with Indian spices

## Beef Burgers

A premium 6oz gourmet beef burger in a luxurious French brioche burger bun. Served with hand-cut, skin-on chips and salad dressed with our own honey mustard mayo

- Reds Burger** £8.60  
with bacon, red onion marmalade, swiss cheese & BBQ sauce
- Scottish Burger** £8.60  
with MacSween Scottish haggis
- Crispy Bacon & Avocado Burger** £8.80
- Just a Beef Burger** £7.50  
with lettuce, tomato & mayo

## Salad

- Roast Chicken, Crispy Bacon, Avocado (gf)** £7.20  
Reds fresh salad comprises chopped tomatoes, red onions and several types of crunchy, crisp leaf lettuce including radicchio, cos, lollo rosso and frisee. Dressed with a sweet balsamic reduction

df dairy free

dfa dairy free available gf gluten free  
(items with gluten free bread are 60p extra)

gfa gluten free available

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Edinburgh EH15 2AT



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redsedinburgh



Reds Edinburgh



SCAN ME

# BISTRO MENU

(vegetarian)

## Sandwiches

Choose from panini, thick brown/white bloomer bread or gluten free bread (**add 60p for gluten free bread**). Served with our homemade nachos & salad drizzled with Reds own balsamic reduction dressing

**Cream Cheese, Tomato & Red** £6.20

**Onion Marmalade (gfa)**

**Haggis Melt (vg)** £6.50

## Bagels

Sesame seed New York style vegan bagel, lightly toasted and served with our homemade nachos and mixed salad dressed with our own sweet balsamic reduction

**Facon, Lettuce, Tomato** £7.20

**Avocado and Coleslaw (vg)**

**Mushrooms, Swiss Cheese,** £7.40

**Tomato, Dill pickles & American Mustard**

**Sausage, Jalapeno Coleslaw** £7.20

**& Tomato (vg)**

## Soup & Sandwich/Wrap/Bagel

Just add £3 to any full size sandwich, wrap or bagel and replace the nachos, salad and bread with a full size bowl of lentil soup.

**df** dairy free      **dfa** dairy free available  
**gf** gluten free      **gfa** gluten free available  
 (items with gluten free bread are 60p extra)

## Main Meals

**Vegan Haggis, Neeps & Tatties (vg)** £8.10

Macsween award winning traditional Scottish veggie haggis served with lightly seasoned mash potatoes and neeps

**Macaroni Cheese** with chips or garlic bread £6.90

Always a firm family favourite, macaroni pasta served in a really cheesy sauce and topped with more melted cheese

**Enchilada (vg)** £8.50

Fresh peppers, onions and mushrooms and mildly spicy enchilada sauce wrapped in a tortilla and smothered in more enchilada sauce and melted vegan cheese. Served with nachos, salsa dip & chips or rice

**Reds Vegetable Curry** with chips or rice (gf) £8.50

A mild mixed vegetable curry with Indian spices

## Moving Mountains® Burgers

Delicious 100% plant based burger in a vegan gourmet sourdough bun. Served with hand-cut, skin-on chips and salad dressed with Reds own sweet balsamic reduction

**Mexicana Burger (vg)** £9.00

with melted vegan cheese & jalapenos

**Scottish Burger (vg)** £9.00

topped with Macsween award winning vegan Scottish haggis

**Just a Vegan Burger (vg)** £8.20

with lettuce, tomato and vegan mayo

**Avocado Burger (vg)** £9.00

with avocado, lettuce & tomato

## Salad

Reds fresh salads comprise chopped tomatoes, red onions and several types of crunchy, crisp leaf lettuce including radicchio, cos, lollo rosso and frisee

**Facon, Avocado & Apple** £7.20

**with Sweet Balsamic**

**Reduction (gf,df)**



SCAN ME

## Snacks & Starters

**Homemade Nachos** with salsa & jalapenos

with vegan cheese

£5.80

with vegan chilli & vegan cheese

£6.40

**Chips** hand cut, skin-on Maris Piper (gf,vg,df)

£2.80

with vegan chilli and melted vegan cheese (gf,vg)

£4.50

**Lentil Soup** with brown bloomer bread (gfa,vg)

£4.10

A traditional recipe and great winter warmer soup that hits the mark every time

**Cream Cheese & Roast Peppers (gfa)** £4.30

On toasted brown bloomer bread with salad and drizzled with our sweet balsamic reduction

## Wraps

A leaf filled flour tortilla with one of the fillings below and served with our homemade nachos and mixed salad leaves dressed with our own sweet balsamic reduction. As it is or toasted.

**Cream Cheese, Avocado, Peppers** £6.60

**& Sweet Balsamic Dressing**

**Cool Spicy Mexican Bean** £6.60

**& Vegan Cheese (vg)**

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# CHILDREN'S MENU

Over the years we have noted many of our young diners have allergies. To help you, please see over the page a sub-menu of Reds children's food that is free from the most common allergens. Always let us know if your child has an allergy.

## Start the Day

Last orders for breakfast is 1pm

**Reds Children's Breakfast** £2.90

*Blackgate gluten free link sausage, beans, fried free range egg and toast*

**Toast, Brown or White with (v) .....** £1.70

*Free range scrambled or poached egg or Beans*

**Mini Cheese and Beans Omelette (v)** £2.10

**French Toast (v)** £1.70

*Soft bread soaked in beaten free range egg, griddled and served as fingers with maple syrup or nutella and a sprinkle of icing sugar*

**Toasted Croissant** with butter and jam (v) £2.50

## A Munch Before Lunch

**Garlic Bread (v)** £1.70

**Hand-cut, Skin-on, Chunky Chips (vg)** £1.70

**Lentil Soup (vg)** £2.70

*with thick white/brown bloomer or gluten free bread (add 30p for gluten free bread)*

**Mini Nachos** with melted cheese (v) £1.70

## Maybe a Sandwich or Wrap

*Choose from panini, untoasted or toasted wrap or bread (thick white or wholemeal). All sandwiches and wraps are served with our homemade nachos and dressed salad or extra nachos instead of dressed salad. These are our suggestions, all are made to order so if you fancy something different just ask*

**Ham** £2.70

**Cheese (v)** £2.70

**Roast Chicken** £2.70

**Tuna Mayo** £2.70

**Cream Cheese (v)** £2.70

## Baby Food

£1.20

A selection of delicious, appetising meals. Packed with organic goodness, they are available for 4+ months and 7+ months

*Caught on the hop?*

*We can warm your baby's bottle or food and provide soft tip spoons and bowls*

**v** vegetarian

**vg** vegan

\* £1 per child for unlimited soft play. This helps cover the ongoing cost of maintenance of the soft play areas \*



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# CHILDREN'S MENU

## But I'm Starving

**5-a-Day Pasta** with hidden vegetables (v) **£3.60**

Reds own pasta sauce made with fresh tomatoes, carrots, peppers, onions and apples

**Mini-Bakes** topped with melted cheese **£3.10**

**Cheesy-beany potato pie** (v)

**Chicken & pasta bake**

**Tuna & pasta bake**

**Beef Burgers** beef or chicken **£3.95**

Served on a brioche bun with chips and dressed salad

**Fish and Chips** **£3.95**

Fresh haddock in a crispy batter with chips and beans

**Macaroni Cheese** (v) **£3.95**

Really cheesy macaroni pasta with chips or garlic bread and dressed salad

**Chicken Goujons** (v) **£3.95**

Fresh battered chicken strips with chips and dressed salad

**Link Sausages, Beans and Mash** **£3.95**

Two tasty gluten free sausages with beans and mash

## Gluten and Dairy Allergen Menu

### Start the Day

**Reds Children's Breakfast** (df,gf) **£3.20**

Blackgate gluten free link sausage, beans, free range fried egg and gluten free toast with vegan butter

**Gluten Free Toast** and vegan butter (df,gf) **£2.00**

With free range scrambled **or** poached eggs **or** beans (vg)

**Mini Cheese and Beans Omelette** (gf) **£2.10**

**French Toast** (v,gf) **£2.00**

Gluten free bread soaked in beaten free range egg, griddled and served as fingers with maple syrup or nutella

### A Munch Before Lunch

**Hand-cut, Skin-on, Chunky Chips** (vg,gf,df) **£1.70**

**Lentil Soup** (vg,gf,df) **£3.00**

with gluten free bread

**Mini Nachos** with melted vegan cheese (vg,df) **£1.80**

### Maybe a Sandwich

Toasted gluten free bread with vegan butter and served with dressed salad. These are our suggestions, all are made to order so if you fancy something different just ask

**Ham** (df,gf) **£3.00**

**Vegan Cheese** (vg,df,gf) **£3.00**

**Tuna Mayo** (df,gf) **£3.00**

**Cream Cheese** (gf) **£3.00**

### But I'm Starving

**5-a-Day Pasta** with hidden vegetables (v,df) **£3.60**

Reds own pasta sauce made with fresh tomatoes, carrots, peppers, onions and apples

**Mini-Bakes** topped with melted vegan cheese **£3.30**

**Cheesy-beany potato pie** (v,gf,df)

**Chicken & pasta bake** (df)

**Tuna & pasta bake** (df)

**Fish and Chips** (df,gf) **£3.95**

Fresh haddock in a crispy batter with chips and beans

**Chicken Goujons** (df,gf) **£3.95**

Fresh battered strips with chips and dressed salad

**Link Sausages, Beans and Mash** (df,gf) **£3.95**

Two tasty gluten free sausages with beans and mash

**v** vegetarian

**vg** vegan

**df** dairy free

**gf** gluten free

**Important Note : If you have a food allergy, please let us know before ordering.**

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SCAN ME

# DRINKS'N SWEET THINGS

## Coffee

Reds coffee beans are locally sourced from Brodies in Musselburgh. It can best be described as dark, rich and chocolatey, a very refreshing combination after a meal.

<b>Espresso</b>	<b>£1.90</b>
<b>Americano</b>	<b>£1.90</b>
<b>Macchiato</b>	<b>£2.30</b>
<b>Cappuccino</b>	<b>£2.30</b>
<b>Café Latte</b>	<b>£2.30</b>
<b>Flat White</b>	<b>£2.30</b>
<b>Mocha</b>	<b>£2.30</b>
<b>Babyccino</b>	<b>£0.75</b>
<b>Hot Chocolate</b>	<b>£2.30</b>

**Add a Shot of Syrup £0.30**

**Decaf coffee, soya & oat milk available**

## Tea

Reds teas are locally sourced from Eteaket in Edinburgh. Eteaket supply the highest quality award winning leaf tea from around the world, a great refreshment throughout the day.

<b>Breakfast Blend</b>	<b>Big Red Rooibos</b> <i>caffeine free</i>
<b>Royal Earl Grey</b>	<b>Perfect Peppermint</b> <i>caffeine free</i>
<b>Gunpowder Deluxe Green</b>	<b>Chillaxin' Chamomile</b> <i>caffeine free</i>
	<b>Cranberry &amp; Apple Riot</b> <i>caffeine free</i>
Mug/Pot/Large Pot	<b>£1.30/£2.25/£2.80</b>

## Sweet Things

<b>Toasted Croissant</b> <i>with warm nutella</i>	<b>£2.80</b>
<b>Toasted Tea Cakes</b> <i>with jam and butter</i>	<b>£1.80</b>
<b>Fresh, Home-made Tray Bakes</b>	<b>£2.10</b>

## Ice Cold Smoothies

Reds large homemade smoothies are all made with fresh fruit and no additives.. Super tasty and incredibly healthy. Get some of your ice cold 5-a-day in a glass. What a great way to start the day!

<b>Tropical Smoothie</b>	<b>£3.50</b>
<i>Contains pineapple, mango, papaya, bananas, apple and spinach</i>	
<b>Superberry Smoothie</b>	<b>£3.50</b>
<i>Contains purple and red berries, apple and pear</i>	

## Cold Drinks

<b>Ice Cold Fizzy Drinks</b>	<b>£1.50</b>
<i>Coca Cola, Diet Coke, Irn Bru, Diet Irn Bru, Sprite, Orange Fanta</i>	
<b>Pure Orange/Apple Juice</b>	<b>£1.50</b>
<b>Sparkling/Still Mineral Water</b>	<b>£1.50</b>
<b>Ice Cream Milk Shake</b>	<b>£2.60</b>
<i>Vanilla, strawberry or chocolate ice cream available</i>	

## Local Scottish Beers & Ciders

<b>Selection of Local Beers</b>	<b>£3.50</b>
<b>Selection of Local Ciders</b>	<b>£3.90</b>

## House Wines

	175ml	bottle
<b>House white</b>	<b>£2.95</b>	<b>£12.99</b>
<b>House pink</b>	<b>£2.95</b>	<b>£12.99</b>
<b>House red</b>	<b>£2.95</b>	<b>£12.99</b>

## More Sweet Things

<b>Carrot Cake</b> <i>gluten free</i>	<b>£3.90</b>
<b>Warm Chocolate Fudge Brownie</b> <i>with cream or ice cream</i> <b>gluten free</b>	<b>£3.90</b>
<b>Warm Homemade Pancakes</b> <b>gluten and dairy free</b>	<b>£3.20</b>
<i>With jam, butter or nutella</i>	