



## ***Taste Our Best***

Here at Forth Guest House, we take pride in using quality produce and showcasing some of the best local and Scottish Food producers in the food we prepare. Scotland's food and drink comes from unspoilt habitats and varied weather, which are perfect for producing a wide variety of high quality fresh fruit and vegetables, fish, meat and much more.

**We are delighted to have achieved VisitScotland's Taste Our Best accreditation as recognition of our sourcing policy and the quality food and drink we provide.**

Below is a summary of the provenance of the produce used in our menu, where possible and in season.

### **MEAT**

We buy from a local supplier but cannot assure you our bacon and sausages are Scottish BUT we can assure you that we are buying quality in both

### **FISH**

Our Kippers are produced in Scotland as you would expect. These are whole herrings which have been split butterfly style from head to tail, gutted, salted and pickled then smoked over wood chips normally

### **FRUIT and VEGETABLES**

Our fresh fruit selection will have Scottish Strawberries and Raspberries from Perthshire, Angus or Fife when in season. This is generally May to October. Our fresh mushrooms are from East Lothian near Edinburgh and are available to us all year.

### **DAIRY & EGGS**

Our eggs are free range and Scottish laid. Cheese can be Scottish but again we buy what we feel is a quality product for you to enjoy. Our milk is from Graham's of Bridge of Allan – a 3<sup>rd</sup> generation of dairy farmers and very much a family business based just along the road.

### **PRESERVES and BREAD**

Mackays make our jams in the old fashioned open pan style and they are based in Arbroath. Our bread is Warburton's baked in Scotland in either Bellshill, Motherwell or Portlethen near Aberdeen.

### **PORRIDGE**

Scott's Porridge Oats based in Cupar have been making porridge oats since the brothers A and R Scott founded the business in 1880.

