



Seaweed Taster

THE EASY FIRST STEP, AND THE GROUP PRODUCT · EAST NEUK SEAWEED



The one that fits an itinerary. It works the upper shore, which is reachable on most tides rather than only the big springs, so starts can be clock-timed and dropped into a day that is already full. Ninety minutes to meet the shore's edible seaweeds, taste how different they are, and finish with a curated tasting looking out to sea. All ages, up to 40, coach drop and turn at the door: the coastal stop between St Andrews and wherever the day goes next.

AT A GLANCE

DURATION

90 minutes

GROUP

4–40, coach groups welcome

AGES

All ages

SEASON

Mar–Oct · runs most days of the month: only the start time is set by that day's tide

SETTING

The upper shore, reachable on most tides, not just the big springs, so starts can be clock-timed for groups

INCLUDES

Guide, curated seaweed snacks, tea & coffee, printable ID chart

DIETARY

Vegetarian, vegan & gluten-free with 7 days' notice. Shellfish always avoidable*

ADD-ONS

Seafood Tasting Course £40 pp (East Neuk lobster, Scottish oysters & caviar) · Premium Beverage Flight £25 pp (Champagne on arrival, extended single-malt flight) · both £58 pp

PRICE

£45 adult · £10 child

2027–28 season prices

HOW THE DAY RUNS

- 1 Meet at the confirmed shore: introductions and safety briefing
- 2 A short walk onto the shore as the tide allows
- 3 Identification: the main edible species, how to tell them apart, cut never pull
- 4 Seaweed's place in the coastal ecosystem, and what is in season now
- 5 Curated tasting of prepared seaweed snacks and dishes, with tea & coffee
- 6 Take-home: a printable ID chart and a recipe to try at home

Family-friendly and the right fit for coaches: up to 40, with drop, wait & turn at the Bowhouse.

GOOD TO KNOW

Meeting point: emailed a few days before, once weather and tides settle the best shore, always along the East Neuk, within easy reach of St Andrews. Transport not included.

Bring: wellies or grippy footwear and layered clothing for changeable coastal weather.

Who it suits: all ages; under-16s with a participating adult. Ninety minutes fits inside a tee-time.

Booking: sessions are added around the tides. 7 days' notice for a refund minus a 10% admin fee; if we postpone and no date suits, full refund.

* Every menu is built on wild seaweed, so traces may be present in any dish; tell us about allergies at booking.



Book & live dates: eastneukseaweed.com/workshops/seaweed-taster: dates follow the tides.
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WILD · LOCAL
· SEASONAL