

TAKEAWAY MENU



SO WE PROBABLY COULD, IF WE REALLY WENT OUT ON A LIMB, SERVE ALL OUR FOOD TO GO BUT THEN AGAIN WHAT WE REALLY WANT IS FOR YOU TO COME IN, SIT DOWN AND LET US LOOK AFTER YOU. THAT'S WHAT WE REALLY WANT. SO TO WHET YOUR APPETITE HERE'S WHAT WE 'LL SELL YOU TO TAKE BACK TO THE OFFICE OR HOME. AVAILABLE AS PER MENU TIMES.

TAKEAWAY COFFEE & TEA FROM £1.50

BAGEL SELECTION £4

TOASTED WHOLEGRAIN BAGEL WITH YOUR CHOICE OF FILLING

NEW YORK B.E.C.

Crispy Ayrshire Bacon, Broken Egg & Grilled Cheese

AVO-CUDDLE!

Ayrshire Bacon, Sliced Tomato, Avocado & Mayo

NO WAY

Ayrshire Bacon, Stornoway Black Pudding & Poached Egg

FILLED ROLLS

CHOOSE A FRESH ROLL AND ADD ANY OF THE FOLLOWING

PORK SLICE SAUSAGE

RASHERS OF BACON

POTATO SCONE

CHOICE OF EGG

(Poached, Fried or Scrambled)

1 FILLING **£2.25**

2 FILLINGS **£2.50**

3 FILLINGS **£2.95**

FRENCH TOAST £4.95 WITH A SIDE OF MAPLE SYRUP.

ADD BACON **£2** OR SMOKED SALMON FOR **£3**



PANCAKES OR WAFFLES STACK £4.50

Choose from with Buttermilk or Blueberry and Banana

Or **ADD £1.60** for Gym Junky Protein

Choose from: Fried Chicken and Tabasco Maple (**£1.60 supp**) | Banana Bacon Maple (**£1.60 supp**)

Strawberries, Blueberries | Top with Honey Or Maple Syrup | Chocolate Sauce Or Salted Caramel Sauce



PRE ORDERS: GIVE US A CALL @01292 439555 TO PLACE ORDERS FOR A SPECIFIC TIME.

ALLERGIES

Vegetarian, Vegan & Gluten Free. We can tailor most dishes to your requirements. Please ask your server for details. They may take a little longer but we'll do our best. Consuming raw meats, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Customer Satisfaction is very important to us, if you would like information regarding potential allergens within our dishes please ask staff for information.

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HOMEMADE SOUP OF THE DAY £2.50 Wholemeal or Sourdough Bread
SOUTHERN FRIED CHICKEN STRIPS £4.50 Tender and Served with Chipotle Mayo
PANKO PRAWNS WITH SESAME SOY £4.50 Leaves and Sweet Chilli Dip
PANKO CHICKEN £4.50 Crumbed Chicken Breast with a Soy and Ginger Dipping Sauce
GROWLER WINGS £4.50

Choose From: Asian Chilli & Lime | Hot Buffalo & Ranch | Mexican Habanero | Salt & Pepper

TERIYAKI BEEF SKEWERS £4.50

Marinated with Coriander Cous Cous and Pickled Carrots on Leaves

TRADITIONAL MAC AND CHEESE (Served with Fries) £6.95

Add: Lobster and Truffle Oil **£7.60** | Chorizo and Jalapeño **£1.90** |
 Chicken and Broccoli **£1.90** | Pancetta and Black Pudding **£1.90**

TRADITIONAL VIETNAMESE PHO - BEEF £11.95 | CHICKEN £8.95 |

With Noodles, Broth & Herbs

TRADITIONAL CHILLI RAMEN 🍴 BEEF £10.95 | CHICKEN £8.95 |

VEG £8.95 | MISO COD £10.95

Noodles, Broth, Bean Sprouts, Chilli, Ginger, Sesame, Spring Onions, Red Onion,
 Coriander and Squeezed Lime, Served with a Boiled Egg

THAI SWEET AND SOUR CHICKEN (PAD PRIEW WAN)

With Steamed Rice **£8.95**

THAI RED CURRY - CHICKEN £9.95 | PRAWN OR BEEF £11.95

Lemongrass, Ginger, Chilli's, Lime, Fresh Coriander - served with Rice & Poppadoms

STIR FRY - BEEF OR CHICKEN £9.95 | PRAWN £9.95

Oyster Sauce, Carrots, Onions, Peppers, Bean Sprouts, Fresh Chillies, Egg Noodles, Lime & Coriander

CAJUN CHICKEN AND CHORIZO LINGUINE £6.95

With Roasted Peppers, Sunblushed Tomatoes and Fresh Coriander

LINGUINE PESCATORA £7.95

Mussels, Prawns, Calamari, Scallops in a Tomato & Basil Sauce

SPICY MIXED BEAN CASSOULET £8.95

Wholegrain rice, creme fraiche, fresh lime with sesame tenderstem broccoli

SEARED SCALLOPS IN THE SHELL, SERVED...

Pea and Pancetta **£8.95** OR On Black pudding **£8.95** OR In lemon butter **£7.95**

SALADS/HOUSE BOWLS | SMALL £5 - LARGE £9

Please ask your server for either our Classic House Citrus, Balsamic OR
 Raspberry and Beetroot House Salad Dressings

HOUSE SALAD (GF) (V)

Mixed Leaves with Tomatoes, Cucumber, Avocado, Radish, Chopped Peppers with Berries & Mango

GROWLER CAESAR SALAD

Baby Gem Lettuce, Grana Padano Parmesan Shavings, Croutons & Homemade Caesar Dressing

AMERICAN COBB SALAD (GF)

Garden Greens, Tomato, Crispy Bacon, Avocado, Chives, Blue Cheese, Boiled Egg

STORNOWAY BLACK PUDDING, AVOCADO & BACON SALAD

With Market Leaves and Ranch

CALIFORNIA SALAD BOWL

Brown Rice, Kale, Carrot, Cucumber, Avocado, Edamame Beans, Jalapeno & Sesame Seeds

VEGAN BOWL

Brown Rice, Roasted Pumpkin, Red Cabbage, Quinoa, Avocado, Chickpeas, Kale, Carrot and Hummus

CLASSIC BURGERS

CHOOSE FROM: KALE, QUINOA AND SWEET POTATO
£8.00 | CHICKEN £9.00 | GRASSFED BEEF £10.00

Lettuce, Sliced Tomato, Relish and Aioli - All served with
 Fries or Sweet Potato Fries

Add Cheddar - Guacamole - Halloumi - Bacon **£2 |**

Add an Extra Patty **£4**

GOURMET BURGERS (Served with Fries) £11.00

LOUISIANA - Southern Fried Chicken, Slaw, Hash Brown,
 Cheese and Chipotle Mayo

CALIFORNIA - Chicken, Bacon and Avocado with Lettuce,
 Relish, Tomato and Aioli

TENNESSEE - BBQ Pulled Pork, Monterey Jack, Chillies

LE SHARK - Battered Cod, Lettuce, Tomato, Tartare Sauce,
 Squeezed Lemon

EL CHAPO - Cajun Chicken & Beef Patty, Smashed Avocado,
 Pepper, Monterey Jack, Jalapenos, Chipotle Mayo & Pickle

SANDWICH/BAGEL/WRAPS ALL £3.95

Wholemeal or Sourdough Bread

ADD SOUP OR ANY SIDE £2

CAJUN CHICKEN Lettuce, Tomato and Aioli

SMOKED SALMON Crema Fraiche & Capers

G.F.C. Growler Southern Fried Chicken, lettuce, tomato & Chipotle Mayo

CLASSIC BLT

WHOLE GRAIN WRAPS

All filled with lettuce, tomato, peppers and cucumber and
 served with some salad and nuts

GRILLED CHICKEN | SOUTHERN FRIED CHICKEN |

CAJUN CHICKEN | SEARED WASABI TUNA

TOASTED GRILLED CHEESE SANDWICHES

Wholemeal or Sourdough Bread

PLAIN OLD GRILLED CHEESE WITH A SIDE OF PICKLE

WITH TOMATO & AVOCADO | WITH BACON & TOMATO

**WHY
NOT
ADD**

GRILLED CHICKEN £3 | TUNA £4 Seared OR Wasabi & Lime Cured
SMOKED SALMON £4 | SOUTHERN FRIED CHICKEN £3.50
PIL PIL TIGER PRAWNS £4 | BEEF STRIPS £3.50

SIDES ALL £2

CHILLI PARMESAN FRIES | SEASONED FRIES | SWEET POTATO FRIES | CAJUN FRIES | CURLY FRIES |

BEER BATTERED ONION RINGS | HOUSE GREEN SALAD | STEAMED TENDERSTEM BROCCOLI Tossed in Garlic Butter