

# 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



BREAKFAST 9AM-2PM EVERY DAY / SUNDAY 10AM-2PM

## BAGEL SELECTION

TOASTED WHOLEGRAIN BAGEL WITH YOUR CHOICE OF FILLING

**NEW YORK B.E.C. £3.60**

Crispy Ayrshire Bacon,  
Broken Egg & Grilled Cheese

**AVO-CUDDLE! £3.60**

Ayrshire Bacon, Sliced  
Tomato, Avocado & Mayo

**NO WAY £3.90**

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 £1.90**

**2 FILLINGS £2.35**

**3 FILLINGS £2.80**

**FRENCH TOAST £4.70** with a Side of Maple Syrup.

ADD BACON £1.60 OR SMOKED SALMON FOR £2.35



**PANCAKES OR WAFFLES STACK £3.90**

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.

# TAKEAWAY MENU - FROM 12PM-8.30PM

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

**HOMEMADE SOUP OF THE DAY £2.50** With Bread

**SOUTHERN FRIED CHICKEN STRIPS £5.50**

Tender and Served with Chipotle Mayo

**PANKO PRAWNS WITH SESAME SOY £4.80**

Leaves and Sweet Chilli Dip

**PANKO CHICKEN £5.50**

Crumbed Chicken Breast with a Soy and Ginger Dipping Sauce

**GROWLER WINGS £5.50**

Choose from: Asian Chilli & Lime | Hot Buffalo & Ranch |

Mexican Habanero | Salt & Pepper

**TERIYAKI BEEF SKEWERS £5.50**

Marinated with Coriander Cous Cous and Pickled Carrots on Leaves

**TRADITIONAL MAC AND CHEESE (Served with Fries) £7.95**

Add: Lobster and Truffle Oil £7.60 | Chorizo and Jalapeño £1.90 |

Chicken and Broccoli £1.90 | Pancetta and Black Pudding £1.90

**CHICKEN RAMEN £9.95**

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

**CAJUN CHICKEN AND CHORIZO LINGUINE £9.50**

With Roasted Peppers, Sunblushed Tomatoes and Fresh Coriander

**LINGUINE PESCATORA £10.50**

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

## CLASSIC BURGERS

Choose from: **Kale, Quinoa and Sweet**

**Potato £8.00 | Chicken £9.00**

**Grassfed Beef £9.00**

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

### TEXAN

Steak Beef, Black Pudding, Lettuce, Relish, Tomato and Pepper Sauce

### LE SHARK

Battered Cod, Lettuce, Tomato, Tartare Sauce, Squeezed Lemon

## SALADS/HOUSE BOWLS | SMALL £3.50 - LARGE £6.50

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, Grilled Chicken, Avocado, Chives, Blue Cheese

### STORNOWAY BLACK PUDDING, AVOCADO & BACON SALAD

With Market Leaves and Ranch

### VEGAN BOWL (V) (VEG) (GF)

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

## WHY NOT ADD

GRILLED CHICKEN £3 | SMOKED SALMON £3.50 |

TOFU £3 | SOUTHERN FRIED CHICKEN £3.50 |

PIL PIL TIGER PRAWNS £4 | BEEF STRIPS £3.50

## SANDWICH/BAGEL ALL £2.95

CHOOSE EITHER RYE OR SOURDOUGH BREAD

ADD SOUP OR FRIES FOR £1

**CHICKEN** Bacon Caesar

**CAJUN CHICKEN** Lettuce, Tomato and Aioli

**SMOKED SALMON** Crema Fraiche and Capers

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

**THE MORNING GLORY** Bacon, Lorne Sausage, Hash Brown and Relish

**TUNA MAYO** Lettuce and Red Onion

**VEGETARIAN SANDWICH**

Roast Red Pepper, Rocket, Feta and Pesto

**CLASSIC BLT**

## TOASTED GRILLED CHEESE SANDWICHES

ON EITHER RYE OR SOURDOUGH BREAD

**PLAIN OLD GRILLED CHEESE WITH A SIDE OF PICKLE**

**WITH TOMATO & AVOCADO**

**WITH BACON & TOMATO**

## SIDES & FRIES

**CHILLI PARMESAN FRIES £2.80 | SEASONED FRIES £2.60 | SWEET POTATO FRIES £2.60 | CAJUN FRIES £2.80**

**CURLY FRIES £2.80 | BEER BATTERED ONION RINGS £2.60 | HOUSE GREEN SALAD £2.60 |**

**STEAMED TENDERSTEM BROCCOLI (Tossed in Garlic Butter) £2.80**