

MENU



SMALLER PLATES (ENJOY AS A STARTER OR TO MIX & MATCH TAPAS STYLE)

HOMEMADE SOUP OF THE DAY £4.50
Sour Dough or Wholemeal Bread

SOUTHERN FRIED CHICKEN STRIPS £6.95
Chipotle Mayo

SEARED TUNA £8.95
Wasabi, Pickled Ginger, Avocado and Sesame Soy

BANG BANG CHICKEN LETTUCE CUPS £6.95
Peanut Sauce, Chillies and Cucumber

PANKO PRAWNS WITH SESAME SOY £6.95
Sweet Chilli Dip

PANKO CHICKEN £6.95
Chicken Breast, Soy and Ginger Dipping Sauce

VEGETARIAN DUMPLINGS £6.95
Steamed Dumplings with Soy Ginger & Sweet Chilli Dip

HALLOUMI FRIES £5.95
Avocado Salsa, Rocket

LEMON PEPPER CALAMARI £6.95
Aioli

GROWLER WINGS £6.95
Choose: Asian Chilli & Lime | Hot Buffalo & Ranch | Mexican Habanero | Salt & Pepper

HAND DIVED SCALLOP IN SHELL £9.95
Choose from black pudding or lemon butter

TERIYAKI BEEF SKEWERS £7.95
Marinated, Coriander Cous Cous & Pickled Carrots, Leaves

JALAPEÑO POPPER BALLS £5.95
Aioli

HOMEMADE TORTILLA CHIPS £4.95
Guacamole & Beetroot & Chilli Hummus

FRESH CEVICHE £9.95
With Coconut Cream, Avocado, Lime, Chilli, Coriander & Homemade Tortilla Chips

SMOKED MACKEREL PATE £6.95
Pickled Cucumber & Crispy Toast

SPICY SWEET POTATO & SMOKED FISH FISHCAKES £6.95
Spiced Coriander Yogurt

SALADS/HOUSE BOWLS | SMALL £6.95 - LARGE £10.95

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

HOUSE SALAD

Tossed Mixed Leaves, Tomatoes, Greens, Radish, Celery, Avocado, Grapes, Apple & Fresh Berries

GROWLER CAESAR SALAD

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

AMERICAN COBB SALAD

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

STORNOWAY BLACK PUDDING, AVOCADO & BACON SALAD

With Market Leaves and Ranch

VEGAN BOWL

Brown Rice, Roasted Pumpkin, Red Cabbage, Quinoa, Avocado, Chickpeas, Kale, Carrot, Beetroot & Chilli Hummus

CALIFORNIA AVOCADO POKE BOWL

Kale, Brown Rice, Avocado, Edamame Beans, Quinoa, Mango & Sesame Seeds

WHY NOT ADD - £4

GRILLED CHICKEN | TUNA Seared OR Wasabi & Lime Cured

SMOKED SALMON | SOUTHERN FRIED CHICKEN

PIL PIL TIGER PRAWNS | BEEF STRIPS

BIGGER PLATES

FILLET OR RIBEYE £30 / £25

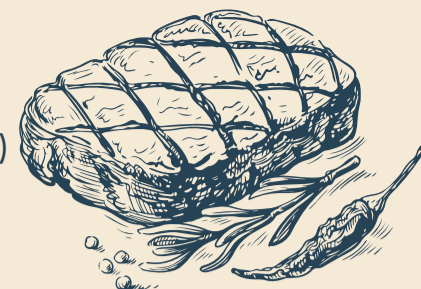
(SURF & TURF IT! ADD 1/2 LOBSTER TO ANY STEAK - £40 | £35 ALL IN!)

Cherry Vine Tomatoes, Field Mushroom, Greens & Any Fries

Sauces: 3 pepper, Diane, Mushroom or Chimichurri - add £4.95

All Steaks can be baste in Garlic or Chilli & Coriander Butter if you wish

All Steaks are from J.Nisbet, Sorn Mains Farm, Sorn and are 28-35 day matured



BUY ANY OF 2 STEAKS, SURF AND TURF OR 2 FULL LOBSTERS AND GET £5 OFF A BOTTLE OF WINE FROM OUR LIST. YOU CHOOSE!

HALF OR FULL LOBSTER £22.50 / £40

Garlic, Chilli Butter with Coriander, Mango and Raspberry Salad and Fries (Seasonal and subject to availability, please ask your server)

THE GROWLER'S POSH FRITTO MISTO £27.95

Tempura 1/2 Lobster, Scallops, Lemon Pepper Calamari, Mushy Peas, Fries and Homemade Tartar & Lemon Wedge

1/2KG STEAMED MUSSELS £9.95 / 1KG £13.95 (GF) (SERVED WITH FRIES)

CHOOSE FROM: CREAMY WHITE WINE & PARSLEY | RED THAI CURRY | TOMATO, FENNEL & BACON | CHILLI CORRIANDER

SEARED TUNA STEAK £17.95

Coated in Sesame Seeds served with a Raspberry, Mango & Avocado Salad with Seasoned or Sweet Potato Fries.

SEARED COD FILLET £16.95 Chorizo, Spinach, Cherry Tomato and Sautéed Potatoes

MARINATED GINGER AND LIME CHICKEN BREAST £14.95 Sweet Potato Mash, Mixed Greens & Crispy Kale

CAJUN CHICKEN AND CHORIZO LINGUINE £14.95 Roasted Peppers, Sunblushed Tomatoes and Fresh Coriander

WILD MUSHROOM RISOTTO £12.95 Toasted Pinenuts, Rocket, Truffle Oil and Parmesan Crisp

LINGUINE PESCATORA £15.95 Mussels, Prawns, Calamari, Scallops in a Tomato & Basil Sauce

TRADITIONAL MAC AND CHEESE (SERVED WITH FRIES) £12.95

ADD: LOBSTER AND TRUFFLE OIL £9.50 | CHORIZO AND JALAPEÑO £3.50 |

CHICKEN AND BROCCOLI £3.50 | BACON & BLACK PUDDING £3.50

PAD KRA PAO GAI (THAI BASIL CHICKEN) With Rice and Fried Egg £14.95

TRADITIONAL CHILLI RAMEN BEEF £16.95 | CHICKEN £13.95 | VEG £12.95 | MISO COD £16.95

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

THAI RED CURRY - CHICKEN | PRAWN OR BEEF - £14.95

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

STIR FRY - BEEF OR CHICKEN | PRAWN - £14.95

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

HAND DIVED SCALLOPS Black Pudding, Wild Mushroom, Quail Egg & Beurre Blanc £19.95

THAI SWEET AND SOUR CHICKEN (PAD PRIEW WAN) With Steamed Rice £14.95

SWEET POTATO AND CHICKPEA CURRY With Spinach, Kale, Brown Rice & Poppadoms £12.95

STUFFED PORTOBELLO MUSHROOM With Kale, a Vegan Cheese Glaze, Sweet Potato Mash & a Vegan Pesto £12.95

BURGERS

CLASSIC BURGERS

All served on a Toasted Brioche Bun, with sliced tomato, lettuce, relish, pickle and aioli. Choose any 2 sides.

CHOOSE FROM: KALE, QUINOA, SWEET POTATO £12.95 | GRILLED CHICKEN £13.95 | GRASSFED BEEF £13.95

Lettuce, Sliced Tomato, Pickles, Relish, Aioli - SERVED WITH ANY TWO SIDES

ADD CHEDDAR - VEGAN CHEESE £1 | GUACAMOLE £1 | HALLOUMI £1 | BACON £2 | CHILLI BEEF £2

ADD AN EXTRA PATTY £4

GOURMET BURGERS - SERVED WITH ANY TWO SIDES £16.95

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

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

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

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

SHARING BOARDS FOR 2 OR MORE ONLY £40

MEAT FEAST

CHICKEN SLIDER | GRASS FED BEEF SLIDER | RIBEYE (COOKED AS YOU LIKE) |
WINGS OF YOUR CHOICE | TERIYAKI BEEF SKEWERS | PANKO CHICKEN STRIPS AND ANY 2 SIDES

SEAFOOD

SEARED & WASABI CURED TUNA | LEMON PEPPER CALAMARI | TEMPURA 1/2 LOBSTER |
SCALLOPS | FIERY PRAWN SKEWER AND ANY 2 SIDES

SMOKED FISH BOARD

SMOKED MACKEREL PATE, SMOKED SALMON, SPICY SWEET POTATO FISH CAKE, SMOKED TROUT, PICKLED
CUCUMBER, BOILED EGGS, CRACKERS, TOAST AND CHOOSE FROM ANY 2 SIDES

VEGAN PLATTER

QUESOS, SPICY BEETROOT HUMMUS, TORTILLA CHIPS, CRACKERS, CARROT AND CELERY STICKS, GRAPES,
DRIED APRICOTS, BLUEBERRIES, ALMONDS, PITTED OLIVES, PICKLED CUCUMBER, CHEESE AND ANY 2 SIDES

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.

DESSERTS

BUTTERSCOTCH POPCORN SUNDAE £7.95

Vanilla ice cream, Banana, salted caramel, butterscotch popcorn & chocolate vermicelli

AFFOGATO £7.95

Coffee, Vanilla Ice Cream, Toasted Hazelnuts, Biscotti & Shot of Baileys

HOMEMADE STICKY TOFFEE PUDDING £4.95

Toffee Sauce & Ice Cream

CLASSIC NEW YORK CHEESECAKE £5.95

with Ice Cream

WARM CHOCOLATE BROWNIE £5.95

Chocolate Soil, Chocolate Sauce & Candied Pecans

CHEESEBOARD £8.95

Selection of Cheeses with Datzcakes with Homemade Chutney

ADD VINTAGE PORT £5

WAFFLES £6.95

mini marshmallow, oat biscuit crumb, warm chocolate sauce and vanilla ice cream



SIDES

CHILLI PARMESAN FRIES £3.75

SEASONED FRIES £3.75

SWEET POTATO FRIES £3.75

CAJUN FRIES £3.75

CURLY FRIES £3.75

BEER BATTERED ONION RINGS £3.75

HOUSE GREEN SALAD £3.75

MIXED STEAMED GREENS £3.75

Tossed in Garlic Butter & Sesame Seeds or plain

WHOLEMEAL OR SOUR DOUGH BREAD & BUTTER £2.50

SWEET POTATO MASH £3.75

with Creme Fraiche top



LITE LUNCH SERVED TILL 5 7 DAYS

SANDWICHES ALL £6

WHOLEMEAL OR SOURDOUGH BREAD

CAJUN CHICKEN Lettuce, Tomato and Aioli

SMOKED SALMON Creme Fraiche and Capers

G.F.C. Growler Southern Fried Chicken, Lettuce, Tomato and Chipotle Mayo

CLASSIC BLT

ADD ANY SIDE OR BOWL OF TODAYS SOUP £2.95

WHOLE GRAIN WRAPS £6

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

ADD ANY SIDE OR BOWL OF TODAYS SOUP £2.95

TOASTED GRILLED CHEESE SANDWICHES ALL £6

WHOLEMEAL OR SOURDOUGH BREAD

PLAIN OLD GRILLED CHEESE WITH A SIDE OF PICKLE

TOMATO & AVOCADO | BACON & TOMATO

ADD ANY SIDE OR BOWL OF TODAYS SOUP £2.95

TOASTED WHOLEGRAIN BAGELS ALL £6

NEW YORK B.E.C. Crispy Ayrshire Bacon with Broken Egg & Grilled Cheese

AVO-CUDDLE! Ayrshire Bacon, Sliced Tomato, Avocado & Mayo

NO WAY Ayrshire Bacon, Stornoway Black Pudding & Poached Egg

ADD ANY SIDE OR BOWL OF TODAYS SOUP £2.95

BAKED SWEET POTATOES ALL £6

ALL SERVED LIGHTLY SEASONED AND WITH SALAD

CHOOSE FROM THE FILLINGS BELOW

KALE GUACAMOLE | SF CHICKEN AND CHIPOTLE MAYO | QUINOA AND CELERY SLAW
CHILLI AND LIME PRAWNS AND AIOLI DRIZZLE | GARLIC WILD MUSHROOMS AND PARMESAN |
SOY SESAME MIXED GREENS

ADD ANY SIDE OR BOWL OF TODAYS SOUP £2.95

WEDNESDAY

25% OFF ALL CLASSIC BURGERS

ALL DAY

FRIDAYS & SUNDAYS

25% OFF ALL STEAKS AND
LOBSTERS ALL DAY!

THURSDAY

MOULES FRITES - LGE POT OF
MUSSELS & FRIES WITH ANY
SIX TASTER FLIGHT £25

BREAKFAST/BRUNCH
TILL 2PM 7 DAYS

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