

MENU

SMALL PLATES

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

HOMEMADE VEGAN BROTH £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

CRAB AND AVOCADO

Pink grapefruit, lime, chillies, basil and pickled ginger £9.95

BANG BANG CHICKEN LETTUCE CUPS £7.95

Crispy Noodles, Peanut Sauce, Chillies and Cucumber

PANKO PRAWNS £7.95

with Sweet Chilli & Sesame Soy

VEGETARIAN DUMPLINGS £6.95

Steamed Dumplings with Soy Ginger & Chilli Oil

HALLOUMI FRIES £5.95

Avocado Salsa, Rocket

LEMON PEPPER CALAMARI £7.95

Aioli OR Sriracha Mayo

GROWLER WINGS - ALL £7.95

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

PANKO CHICKEN £7.95

with Sweet Chilli OR Sesame Soy

PAN SEARED SCALLOP IN SHELL £9.95

Choose from black pudding or lemon butter

HOMEMADE TORTILLA CHIPS £4.95

Guacamole & Beetroot & Chilli Hummus

FRESH CEVICHE £9.95

With Coconut Cream, Avocado, Lime, Chilli, Coriander & Homemade Tortilla Chips

CRISPY VEGAN QUINOA CAKES £6.95

Fresh Salsa & Paprika Chickpeas

BOWLS | SMALL £7.95 - LARGE £13.95

Please ask your server for either our Classic House Citrus, Balsamic, Raspberry OR Ranch 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

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

GROWLER RAW BOWL

Walnuts, Coconut Flakes, Broccoli Rice, Sweet Potatoes, Beets, Trimmed Kale, Brussel Sprouts, Orange Segments

VEGAN BOWL

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

BUDDHA BOWL

Sweet Potatoes, Brown Rice, Watermelon Radish, Sauerkraut, Chilli Pickled Carrots, Trimmed Kale, Red Cabbage, Paprika Roasted Chickpeas & Sesame Seeds

WHY NOT ADD - £2

CHILLI CHICKEN | WASABI AND LIME CURED TUNA | BREADED HALLOUMI |
SOUTHERN FRIED CHICKEN | FALAFEL | PIL PIL TIGER PRAWNS | ASIAN MARINATED TOFU

STEAKS

FILLET OR RIB-EYE £30 / £25

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

Vine Tomatoes, Field Mushroom, Greens & Any Fries

Sauces: 3 Peppercorn & Blue Cheese - add £4.95

WHY NOT
ADD A FRIED
EGG

ALL OUR STEAKS ARE FROM AWARD WINNING RENOWNED LOCAL SUPPLIER
J NISBET FROM SORN MAINS FARM. 28 DAY HUNG

SEAFOOD

1/2 TEMPURA LOBSTER SUPPER

Fries, Harissa & lime Mayo & Chilli Oil £21.95

HALF OR FULL LOBSTER £22.50 / £40

Garlic, Chilli Butter with Coriander, Mango and Raspberry Salad and Fries

THE GROWLER'S POSH FRITTO MISTO £27.95

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

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

CHOOSE FROM: CREAMY WHITE WINE & PARSLEY | RED THAI CURRY | CHILLI CORIANDER

SEARED TUNA STEAK £17.95

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

PAN FRIED SEABASS £15.95

Chilli and lime Israeli cous cous and citrus dressed broccoli

GRILLED LANGOUSTINES 6 OR 12 (Market Price)

Parsley butter, mango and chilli salad and fries

OYSTERS 3 - £8 | 6 - £15

Hog wash sauce, shallot vinegar and whole meal bread

FRUITS DE MER BOARD - served with your choice of 2 sides £75

Seared & Wasabi & Lime Cured Tuna, Lemon Pepper Calamari, Grilled Langoustines, 1/2 Tempura Lobster, Scallops, Crab, 4 Oysters & Fiery Prawns

PLEASE NOTE, TO KEEP OUR SEAFOOD AS FRESH AS POSSIBLE SOMETIMES WE MAY NOT HAVE WHAT YOU'RE LOOKING FOR. LET US KNOW WHAT YOU WANT WHEN BOOKING TABLE AND WE'LL GET IT IN.

WE BUY OUR SEAFOOD FROM PIERONI & JOHN VALLANCE & SON. BOTH FANTASTIC AWARD WINNING SUPPLIERS WHO ONLY SUPPLY THE BEST QUALITY PRODUCE. LOBSTERS HOWEVER ARE FROM RIGHT OFF THE COAST FROM LOCAL FISHERMEN

BURGERS

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

CLASSIC BURGERS

CHOOSE FROM:

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

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

ADD AN EXTRA PATTY £4

GOURMET BURGERS £16.95 (Excluding Surf & Turf)

LOUISIANA

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

CALIFORNIA

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

SURF & TURF £25

beef patty, 1/2 tempura lobster, avocado, mango salsa, lettuce, tomato and a harissa and lime Mayo

EL CHAPO

Cajun Chicken & Beef Patty, Smashed Avocado, Pepper, Monterey Jack, Jalapeños, Chipotle Mayo & Pickle

FALAFEL BURGER

Watermelon Radish, Beetroot & Chilli Hummus & Coriander Yogurt

ALLERGIES/ COVID-19

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. Please social distance and wash your hands regularly, you may choose to wear a facemask, if unsure please ask your server for our policy.

STAY SAFE - WASH HANDS
2M DISTANCE - WEAR A MASK

NOODLES

TRADITIONAL CHILLI RAMEN £11.95 🍴

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

YAKI NOODLES £10.95

Bok Choi, Wild Mushrooms & Spring Onions in Yaki Sauce

HOISIN NOODLES £11.95

Hoisin Broth, Bok Choi, Ginger, Green Beans, Carrots, Red Onions, Noodles and Fried Egg

PHNOM PENH NOODLES £10.95

Chicken and Pork Broth, Bean Sprouts, Spring Onions, Pickled Ginger, Noodles, Lime and Fresh Coriander

ADD

CHICKEN £2.95 | BEEF £3.95 | PRAWN £3.50

VEG DUMPLINGS £2.95 | VEG £2.95

TOFU £3.50

HOUSE DISHES

CAJUN CHICKEN AND CHORIZO LINGUINE £14.95

Roasted Peppers, Sun-blushed Tomatoes and Fresh Coriander

WILD MUSHROOM RISOTTO £14.95

Toasted Pine-nuts, 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) £14.95

With Rice and Fried Egg

THAI RED CURRY - CHICKEN | PRAWN | BEEF | VEG - £15.95

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

SWEET POTATO AND CHICKPEA CURRY £14.95

With Spinach, Kale, Brown Rice & Poppadoms

SHARING BOARDS FOR 2 OR MORE £40

MEAT FEAST

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

VEGAN PLATTER

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

SIDES

FRIES

CHOOSE FROM ANY FRIES, SWEET POTATO OR CURLY FRIES

CHILLI, PARMESAN AND CHILLI OIL £3.95

SEASONED FRIES £3.50

SEA SALT & ROSEMARY £3.95

CAJUN AND LIME £3.95

CURLY FRIES £3.75



OLIVES & CHILLI OIL £3.75

BEER BATTERED ONION RINGS £3.50

HOUSE GREEN SALAD £3.50
with Ranch

MIXED STEAMED GREENS £3.50

Tossed in Garlic Butter & Sesame Seeds or plain

WHOLEMEAL OR SOUR DOUGH BREAD & BUTTER £2.50

SWEET POTATO MASH £3.50

with Crème Fraiche top

MACARONI £3.95



COVID-19

PLEASE SOCIAL DISTANCE AND WASH YOUR HANDS REGULARLY. YOU MAY CHOOSE TO WEAR A FACEMASK. IF UNSURE PLEASE ASK YOUR SERVER FOR OUR POLICY.