

# BRUNCH OF

### SERVED 7 DAYS TILL 2PM

#### THE FULL GROWLER £11.95

Sausage, Bacon, Black Pudding, Tomato, Mushrooms, Baked Beans, Potato Scone, Hash Brown with choice of Toast and 2 Eggs

#### THE HALF GROWLER £8.95

Sausage, Bacon, Potato Scone, Tomato, with choice of Toast and Egg

#### THE GROWLER VEGAN £8.95

Roasted Tomato, Mushroom, Spicy Scrambled Tofu, Hash Brown, Potato Scone & Spinach and your choice of Toast

#### THE GROWLER VEGETARIAN £8.95

Tomato, Mushrooms, Baked Beans, Potato Scone, Hash Brown with choice of Toast and Egg

#### FRENCH TOAST £7.95

French Toast with a Side of Maple Syrup.

Add Bacon £2.50 or Smoked Salmon for £2.95

#### SMASHED AVOCADO & EGGS £7.95

Wholemeal or Sourdough Bread, Squeezed Lime, Crème Fraiché, Sliced Tomato with Cucumber and Caper Salsa

Add Bacon £2.50 or Smoked Salmon for £2.95

#### 3 WHOLE EGGS/EGG WHITES OMELETTES £6.95

Choose from Sourdough or Wholemeal Bread Add: Broccoli or Spinach or Cheese or Mushroom or Banana or Peppers for £1.25 each | Ham or Bacon £2.50 each | Smoked Salmon £2.95

#### EGGS BENEDICT £7.95

Wholemeal or Sourdough Bread, Wilted Spinach and Hollandaise
Add Bacon £2.50 | Smoked Salmon £2.95 |
Add Halloumi £1.50 | Add Square Sausage £1.50 |
Black Pudding £1.50 | Add Flat Cap Mushroom £1.50

#### EGGS ON TOAST £6.95

Wholemeal or Sourdough Toast with either Poached, Fried or Scrambled Egg

#### SWEET POTATO HASH £7.95

Grated Sweet Potato Patty with Kale, Poached Eggs and Hollandaise

#### TRADITIONAL PORRIDGE OATS £4.95

With your choice of Milk or water
Topped with fresh berries | Add Pea or Whey Protein £1

#### HOMEMADE GRANOLA £3.95

Toasted Coconut, Greek Yoghurt and Fresh Wild Berries, Banana, Maple Syrup or Honey

#### BANANA & BLUEBERRY BOWL £4.95

Fresh Fruit, Nuts, Granola and Toasted Coconut, Chia Seeds

#### SPICY EGGS £7.95

Chorizo, Spinach, Poached Eggs, Hollandaise Sauce, Chilli Flakes, on your choice of Sourdough or Wholemeal Bread

#### FINNAN HADDIE £8.95

Poached Smoked Haddock, Poached Eggs, Cheese Sauce, on your choice of Sourdough or Wholemeal Bread

#### GROWLER PANCAKES/WAFFLES £6.95

Pancakes - Choose from Buckwheat OR Buttermilk OR Oat & Protein OR Banana & Blueberry

Add: Fresh Berries and Vanilla Chantilly Cream Nutella, Choc Chips and Marshmallows Banana and Mapled Bacon - Add on £3 Southern Fried Chicken with Tabasco Maple - Add on £3

#### 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 chose to wear a facemask if unsure please ask your server for our policy.

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

# TOASTED WHOLEGRAIN BAGELS THINS

NEW YORK B.E.C. £6

Crispy Ayrshire Bacon, Broken Egg & Grilled Cheese

AVO-CUDDLE! £6

Ayrshire Bacon, Sliced Tomato, Avocado & Mayo

NO WAY £6

Sliced Sausage, Stornoway Black Pudding & Poached Egg

DELITURKEY £6.50

With Avocado, Tomato, Cucumber, Lettuce& Aioli

DELI HAM £6.50

With Cheese, Tomato, Lettuce & Honey Mustard Mayonnaise

SPICY ASIAN MARINATED TOFU £6.50

Lettuce, carrots, red onion, tomato and pickled ginger

**NEW ORLEANS £6.50** 

Southern Fried Buttermilk Chicken, Avocado, Tomato, American Cheese

CHILLI & LIME CHICKEN £7

Chilli Lime Chicken, Harissa Mayo, Tomato, Avocado

**SERVED TILL 5PM** 

## WHOLEGRAIN WRAPS £6.95

ROOSTER

Chilli & Lime Chicken, Harissa Mayo, Tomato, Avocado Lettuce

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Spicy Asian Marinated Tofu, Lettuce, Carrots, Red Onion, Pickled Ginger

VEGA

Quinoa, Hummus, Wild Mushroom, Broccoli, Pickled Carrots, Greens.

**DELI TURKEY** 

with Avocado, Tomato, Cucumber, Lettuce & Aioli

**DELI HAM** 

with Cheese, Tomato, Lettuce & Honey Mustard Mayonnaise

SERVED TILL 5PM

## TOASTED GRILLED CHEESE SANDWICHES £6

ON WHOLEMEAL OR SOURDOUGH BREAD

PLAIN OLD GRILLED CHEESE WITH A SIDE OF PICKLE

WITH TOMATO & AVOCADO

WITH BACON & TOMATO

SERVED TILL 5PM

## ADD BROTH OR SEASONED FRIES £4

# PROTEIN SHAKES £5 MAKEYOUR OWN

Choose 2 scoops whey or pea protein and your choice of milk/ juice/water.Then add any two from the following.After that, 50p for any additional ingredients.

Banana, Peanut Butter, Strawberry, Blueberry, Raspberry, Apple, Cucumber, Oats, Kale, Spinach, Granola, Chia Seeds, Greek Yoghurt, Egg...if we have it you can add it!

# SMOOTHIES £5

So choose one of these, then add water, apple juice or your choice of milk.

APPLE, CHIA SEEDS, CUCUMBER, CELERY, SQUEEZED LIME

BANANA, CHOCOLATE & PEANUT BUTTER & OATS

SPINACH, BROCCOLI, AVOCADO, PINEAPPLE

BLUEBERRY, STRAWBERRY, FLAX SEEDS, SQUEEZE LEMON

### 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 £3.25

2 FILLINGS £3.95

3 FILLINGS £4.50