

# BRUNCH

SERVED 7 DAYS TILL 2PM

## The Full Growler £12.95

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

## The Half Growler £9.95

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

## The Growler Vegan £9.95

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

## The Growler Vegetarian £9.95

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

## French Toast £8.95

French Toast with a Side of Maple Syrup.

Add Bacon £2.50 or Smoked Salmon for £2.95

## Smashed Avocado & Eggs £8.95

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 £7.95

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 £8.95

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 £7.95

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

## Sweet Potato Hash £8.95

Grated Sweet Potato Patty with Kale, Poached Eggs and Hollandaise

## Turkish eggs (cilbir) £9.95

Free range poached eggs, whipped garlic yoghurt, melted smoked paprika butter, chilli flakes, za'atar and sourdough

## Halloumi & Shrooms £9.95

Pan fried halloumi, garlic roasted mushrooms, poached eggs and sourdough.

Add chorizo £3

## Traditional Porridge Oats £5.50

With your choice of Milk or water

Topped with: Banana | Peanut Butter & Candid Pecans | fresh berries | Add Pea or Whey Protein £1

## Homemade Granola £4.50

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

## Banana & Blueberry Bowl £5.50

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

## Açai Bowl £7.95

House made Granola, Berries & Peanut Butter Sauce

## Spicy Spanish Eggs £8.95

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

## Mexican Eggs £9.95

Tortilla, Chilli Salsa, Grilled Cheese, Avocado & Eggs Poached Fried or Scrambled

## Growler Pancakes/Waffles £7.95

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

Add: Fresh Berries & Vanilla Chantilly Cream Nutella | Choc Chips & Marshmallows | Southern Fried Chicken & Tabasco maple

Banana and Mapled Bacon - Add on £3

Southern Fried Chicken with Tabasco Maple - Add on £3

## MORNING OFFERS

Served Till Noon 7 Days

Coffee £3 (Takeaway £2.50)

Coffee & Breakfast Bagel £6

Coffee & Traybake £5

Coffee & Toast With Jam or Peanut Butter £5

We've some fantastic cakes & bakes available. Ask your server what we have available.

## 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. You may choose to wear a facemask. If unsure please ask your server for our policy.

## SERVED TILL 5PM

### 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

#### Deli Turkey £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 & 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

### WHOLEGRAIN WRAPS £6.95

#### Rooster

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

#### Tofu

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

### TOASTED GRILLED CHEESE SANDWICHES £7

on Wholemeal or  
Sourdough Bread

Plain Old  
Grilled Cheese  
with a side  
of Pickle

With Tomato  
& Avocado

With Bacon  
& Tomato

## TACOS £7.95

All served with shredded lettuce, brown rice, tomatoes & coriander, Choose from:

Chorizo, Jalapeño, Salsa & Chipotle Mayo | Chicken, Avocado & Aioli |  
Spicy Tofu, Pickled Ginger & Sriracha Mayo | Falafel, Beetroot Hummus, Mango  
Salsa | Panko Chicken, Cheese & Sweet Chilli

## ADD SOUP OR SEASONED FRIES £4

### PROTEIN SHAKES £5

#### MAKE YOUR 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,  
Chia Seeds, Squeeze Lemon

### FILLED ROLLS

Choose a fresh roll/bagel 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