

# 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 & 2 Eggs

## The Half Growler £9.95

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

## French Toast £8.95

French Toast with a Side of Maple Syrup.

Add Bacon £1 or Smoked Salmon for £1.50

## Smashed Avocado & Eggs £8.95

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

Add Bacon £1 or Smoked Salmon for £1.50

## 3 Whole Eggs/Egg Whites Omelette £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

English Muffins, Wilted Spinach & Hollandaise

Add Bacon £1 | Smoked Salmon £1.50 |

Add Halloumi £1 | Add Square Sausage £1

| Black Pudding £1 | Add Flat Cap Mushroom 75p

## Eggs On Toast £7.95

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

## Vegan Stack £8.95

Wholemeal Toast with Toasted Hummus, chopped Avocado, sliced Tomato & Pesto Drizzle

## Sweet Potato Hash £8.95

Grated Sweet Potato Patty with Kale, Poached Eggs and Hollandaise

## Halloumi & Shrooms £9.95

Pan fried Halloumi, Garlic Roasted Mushrooms, Poached Eggs & Sourdough.

Add chorizo £2

## 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

## Growler Overnight Oats £4.95

Vanilla protein, touch cinnamon, squeeze honey, almond milk natural yoghurt, choose your topping... berries or peanut butter

## 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

## 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 £2

Southern Fried Chicken with Tabasco Maple - Add on £2

## MORNING OFFERS

Served Till Noon 7 Days

Coffee £3.25

Coffee & Morning  
Breakfast Bagel £7

Coffee & Croissant/Muffin with  
Jam £5

Coffee Tray Bake OR Toast &  
Peanut Butter OR Jam £6

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 £7

#### New York B.E.C.

Crispy Ayrshire Bacon, Broken Egg  
& Grilled Cheese

#### Avo-Cuddle!

Ayrshire Bacon, Sliced Tomato, Avocado & Mayo

#### No Way

Sliced Sausage, Stornoway Black  
Pudding & Poached Egg

#### New Orleans

Southern Fried Buttermilk Chicken,  
Avocado, Tomato, American Cheese

#### Chilli & Lime Chicken

Chilli Lime Chicken, Harissa Mayo,  
Tomato, Avocado

### WRAPS £7

#### Rooster

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

#### Deli Ham

with Cheese, Tomato, Lettuce &  
Honey Mustard Mayonnaise

#### Plant Power Wrap

Chopped Lettuce, Avocado, Tomato,  
Vegan Cheese, Vegan Mayo,  
Bulgar Wheat

#### Smoked Salmon,

Chive Cream Cheese, Shredded  
Lettuce & Pickled Cucumber

#### Chicken Caesar Salad

### 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

### WHOLEMEAL PITA POCKETS £7

All served with Shredded Lettuce, Bulgar Wheat & Tomato

Panko Chicken, Katsu Sauce, Pickled Ginger, Coriander & Chillies

Seasoned Chicken, Crispy Bacon, Avocado & Aioli

Spicy Meatballs, Napoli, Chillies, Ripped Basil & Parmesan

Chilli & Lime Chicken, Mango Salsa & Chipotle Mayo

Pesto Tofu, Rockette, Toasted Pine Nuts & Parmesan

### ADD SOUP OR FRIES TO ANY WRAP TOASTED PITTA OR BAGEL FOR £3

### PROTEIN SHAKES £6

#### BIG BLUE

Blueberries, Banana,  
Milk (or Alternative),  
2 scoops of Vanilla Protein

#### PINK POWER

Raspberries, Strawberries,  
Milk (or Alternative),  
2 scoops of Strawberry  
Protein

#### CHEAT DAY

Peanut Butter, Banana, Oats,  
Milk (or Alternative), Nutella,  
2 scoops of Chocolate Protein

### SMOOTHIES £6

#### THE GREEN MONSTER

Celery, Avocado,  
Apple & Apple Juice

#### BERRY GOOD, BERRY NICE

Blueberries, Raspberries,  
Strawberries, Squeezed Lime,  
Apple Juice & Apple

#### ZESTY BLAST

Mango, Orange, Passion  
Fruit, Lime & Apple Juice

### FILLED ROLLS

Choose a fresh roll/bagel and  
add any of the following:

Pork Slice Sausage

2 Rashers of Bacon

2 Tattie Scones

2 Eggs

(Poached, Fried or Scrambled)

1 filling £3.25

2 Fillings £3.95

3 Fillings £4.50