

LUNCHTIME BOWLS

SERVED 12-5 7 DAYS

SIT IN OR TAKEAWAY £12

INCLUDES REFILLABLE SOFT DRINK

Spicy Spanish Eggs

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

Asian Crispy Chicken Wings

Coriander Rice, Fresh Vegetables, Spring Onions with a Soy & Ginger Dressing.

Katsu Chicken Poke Bowl

Edamame Beans, Carrots, Cucumber, Pickled Ginger, Sesame Seeds with a lightly Spiced Curry Dressing

Halloumi Bowl

Served with Mixed Leaves, Jalapeños, Blueberries, Peppers and Chilli Hummus

Pesto Fettuccine

With Cherry Tomatoes, Tenderstem Broccoli, Toasted Pine nuts, Basil and Grana Padano

Pan Fried Chilli & Lime Chicken

Lightly Spiced Bulgar Wheat with Avocado

Breakfast Stack

2 Poached Eggs, Bacon, Black Pudding, Grilled Tomato, Mushrooms, Tattie Scone, with Wholemeal Toast

Chicken & Chorizo Fettuccine

Cajun Spiced Chicken Breast with Chopped Chorizo in Tomato & Basil Sugo with Grana Padano

Vegetable Gyozas Bowl

Bulgar Wheat, Carrots, Cucumber, Edamame Beans, Pickled Ginger, Sesame Seeds with a Chilli & Lemongrass Dressing

ANY BAGEL OR WRAP WITH SALAD & FRIES £12

(INCLUDES REFILLABLE SOFT FROM GUN)

CHOICE OF BAGEL

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

CHOICE OF WRAP

Rooster

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

Deli Ham

with Cheese, Tomato, Lettuce & Honey Mustard Mayonnaise

Chicken Caesar Salad

THE GROWLER 25% RULE

THAT IS...

MONDAYS...25% off Burgers

Enjoy any of our superb burgers with any fries and get 25% off each burger

TUESDAYS...25% Off Sharing Boards

Invite your SO. Enjoy 25% off our meals to share

WEDNESDAYS...25% Off Mussels

Treat yourselves to our fabulous Mussels

THURSDAYS...choose 3 tapas get 25% off the lot

Bring some friends, fill a table top and graze

FRIDAYS...treat yourself at the end of a long working week

Celebrate the weekend...25% Off Steaks

SUNDAYS

Cappuccino £2.95 all day

Buttermilk Pancakes with cream, berries and maple syrup £6 All day

Our 2 c/s meal availability all day £15. Enjoy your Sunday with us at the Growler

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

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.