

SAINTS

HONOUR YOUR BODY

Shango Shrimp — 5.95

Shrimp marinated in an east African sauce blend, skewered and grilled with mushroom, cherry tomatoes and lemon wedges. Served over mixed leaf salad with beetroot mayo dip. (hot)

Peking Duck — 5.95

Shredded aromatic duck in pancake wraps with spring onion, cucumber, hoisin and creamy garlic sauce.

Cali — 6.45

Roasted tenderstem broccoli and butternut squash salad with pomegranate seeds, avocado, quinoa, pistachio nuts, spring onion, poppy seeds and fresh herbs. With an avocado, tahini and lemon dressing. (GF)(N)

+ Spiced Chicken 2

Poke — 6.45

Hawaiian sushi bowl with sesame rice, salt and chilli tofu, edamame, pickled veg, chillies, ginger, spring onion, crushed avocado, okonomiyaki sauce and wasabi cream. (GF)

Hail Caesar! — 6.45

A bed of romaine lettuce topped with chicken, croutons, red onion, bacon, umeboshi anchovy served with a Caesar dressing.



11AM-9PM Monday — Friday
12PM-9PM Saturday & Sunday

Table No. required when ordering



MAINS

(GF) — Gluten Free
(GFO) — Gluten Free Option
(N) — Contains Nuts



⊖ BURGERS ⊖

Syko — 9.95

Cheeseburger with smoky DD Black BBQ sauce, beef tomato, crispy onion ring and lettuce on a charcoal black bun.

Big Make — 11.95

Double 2oz patties with cheese, lettuce, tomato, onion and big make sauce in a double cut black bun.

Gym Candy † — 11.95

Beef patty with lettuce, beef tomato, mayo, fried pickles, pulled pork, guacamole, sweet chilli sauce and an avocado wing.

† APPROXIMATELY 43G PROTEIN PER BURGER †

Tinsley Tower — 9.95

Southern fried chicken burger with a cheesy hash brown, salad and BBQ mustard. (N)

Classic — 8.95

Beef B12 Moving Mountains (GFO) OR chicken burger with iceberg, pink onion, tomato, ketchup and mayo.

Add: cheese slice 0.5 • Gherkin 0.5
Hash Brown 1 (N) • Rainbow Slaw 0.75
Fried Pickle 0.7 • Maple Bacon 1.25
Avocado Wings 1.25 • Chorizo 2.5
Cajun shrimp 3 • Pulled pork 3
Korean chicken 3 • Satay chicken 3 (N)

ALL BEEF BURGERS COME WITH MOVING MOUNTAINS B12 BURGER OR ADD BEYOND MEAT BURGER (GF) FOR EXTRA £2

* FRIES *

Plain — 3.5

Crispy French Fries lightly seasoned.

Okonomiyaki — 5.5

With chilli and garlic salted tofu, pickled radish, ginger, spring onion, fresh chilli, okonomiyaki sauce and Japanese mayo, sprinkled with nori dust. (GF)

Churripan — 5.75

Topped with chopped homemade chorizo sausage and a spicy, tangy chimichurri salsa. (hot)

Chorreadas — 5.5

Fries covered in coconut cream cheese sauce with roasted red peppers and onions, topped with Columbian spiced pulled pork, chillies and coriander. (GF)(N)

Poutine — 5.75

With crispy bacon pieces, sausage and almond cheese curds smothered in a port and hendos gravy. (GFO)(N)

Pesto — 4.75

Crispy french fries tossed in homemade parmesan, drizzled with a rocket and pumpkin seed pesto. (GF)(N)

Satay — 5.75

Topped with rich satay sauce, chicken shreds, charred pineapple, spring onion and roast peppers. (GFO)(N)

✂ SUBS ✂

Gyros — 6.5

Classic Greek spiced seitan kebab with mint dressing, slaw, salad and hot sauce. (GFO)

Porkies — 6.95

BBQ pulled pork, creamy rainbow slaw, pickles, salad, mayo and agave mustard dressing.

'Banh Mi' — 6.95

Marinated grilled chicken, pickled carrot, cucumber and radish with lettuce, banh mi puree and coriander, dusted with desiccated coconut all wrapped in a warm flatbread. (GFO)

⊗ DESSERT ⊗

Short & Sweet — 4.5

Crunchy shortbread layered up with soft, chewy caramel filling, topped with rich chocolate.

Peace of Cake — 4.5

Raw cheesecake with date and nut base, fresh avocado, creamy coconut and tangy lime topping. (GF)(N)

WE MAKE OUR MENU FRESH AND FROM TIME TO TIME WE CAN RUN OUT OF CERTAIN DISHES. PLEASE CHECK FOR AVAILABILITY

OUR ALLERGY STATEMENT

Our dish descriptions do not always mention every ingredient, just ask us if you're unsure. Our suppliers and kitchen handles numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen free.

SINNERS

PLEASURES, WITHOUT THE FLESH

Wicked Wings — 5

MNB house special. Avocado wedges coated in golden batter with ranch dressing & hot sauce. (GF)

Saint Pickles — 5

Crispy panko breaded pickle spears with garlic mayo and dill. (GF)

Born again Ribs — 5.95

Tender rack of seitan ribs cooked in sticky BBQ sauce with creamy ranch dip.

Korean Style — 5.95

Crispy fried chicken or cauliflower (GF) tossed in our secret recipe spicy Korean BBQ sauce on a bed of mixed leaf with oimuchim salad and cooling sesame and rice vinegar mayo. (hot)

Nachos Nirvana — 5.5 (S) 7.95 (L)

Fresh cooked tortilla chips topped with nacho cheese, Pica de Gallo, avocado cream, jalapenos, black beans, rainbow slaw.

+ Maple bacon 2

+ Cajun Shrimp 3

+ Pulled pork (GF) 3

