

GRIND

Breakfast is served every day until midday.

Fruits & Grains.

Overnight oats, coconut, strawberry, brittle ^{VG, GF}	6.—
Granola smoothie bowl ^{V, GF}	6.—
Açaí bowl, passion fruit, cacao nibs ^{GF, VG}	8.—
Porridge, coconut, blackberry, pistachio ^{GF, VG}	6.—

Breakfast.

House-cured beetroot salmon, eggs on toast	10.—
Raw breakfast salad, avocado, grains, egg ^{V, GF}	8.—
Full English breakfast, eggs as you like	11.—
Full vegetarian breakfast ^V	11.—
Eggs florentine ^V	9.—
Buttermilk pancakes, blueberries, cream	9.—
Wild mushroom hash, fried egg ^V	9.—
Asparagus, scrambled eggs, feta, chilli ^V	8.—
Breakfast burrito, eggs, sausage, bacon, avocado	9.—

Cold-Pressed Juice.

Super Greens Juice <i>Kale, spinach, celery, romaine, cucumber, apple, lemon</i>	4. ²⁵
Sweet Citrus Juice <i>Orange, lemon, tangerine, grapefruit, turmeric, cayenne</i>	4. ²⁵
Summer Fruits Juice <i>Strawberry, apple, lemon, mint</i>	4. ²⁵
Fresh Orange Juice	3. ⁵⁰

Smoothies.

Super Green Smoothie <i>Apple, spinach, avocado, cucumber, lemon, moringa, guarana</i>	4. ⁵⁰
Banana, Turmeric Smoothie <i>Banana, apple, lemon, ginger, turmeric, cayenne</i>	4. ⁵⁰
Berry Recover Smoothie <i>Strawberry, blueberry, raspberry, banana, coconut milk, lime</i>	4. ⁵⁰

Grind Regulars.

Smashed avocado, poached egg, chilli, toast	9.—
<i>add feta ^V</i>	2. ⁵⁰
<i>bacon</i>	2. ⁵⁰
<i>house-cured beetroot salmon</i>	4.—
Sweet potato harissa cakes, poached egg ^V	9. ⁵⁰
One-pan eggs, peppers, chilli, toast ^V	9.—

Sides.

Eggs / toast	1. ⁵⁰
Sweet potato cake ^{VG} / spinach	2. ⁵⁰
Avocado / bacon	2. ⁵⁰
Mushrooms	3.—
House-cured beetroot salmon / sausages	4.—

Coffee & Tea.

Espresso		2. ⁵⁰
Macchiato		2. ⁷⁰
Long Black		2. ⁶⁰ / 2. ⁷⁰
Filter		2. ⁸⁰ / 2. ⁹⁰
Flat White		3. ²⁰ / 3. ⁶⁰
Latte		3. ²⁰ / 3. ⁶⁰
Cappuccino		3. ²⁰ / 3. ⁶⁰
Hot Chocolate		3. ³⁰ / 3. ⁷⁰
Mocha		3. ⁵⁰ / 3. ⁹⁰
Iced Coffee		3. ⁷⁰
Breakfast Tea	2. ⁸⁰	Matcha Latte 3. ³⁰ / 3. ⁷⁰
Earl Grey		Turmeric Latte
Green Tea		Beetroot Latte
Fresh Mint Tea		Chai Latte
<i>Soy / Almond / Oat / Coconut</i>		—. ⁵⁰
<i>Decaf</i>		—. ³⁰



Bottomless Brunch.

Join us at our restaurants every weekend for bottomless prosecco and bloody marys - ninety minutes of as much as you can (responsibly) drink for 14.⁵⁰



Grind at Home.

Introducing our compostable, organic coffee capsules for your Nespresso® machine. Take £5 off your first two deliveries when you subscribe at grind.co.uk/pods and use code: ALLDAY819.

GRIND

Our all-day menu is served from midday until one hour before closing.

Smalls to Share.

Fish fingers, mustard mayo	4. ⁵⁰	Padron peppers, maldon salt ^{VG} 🌿	4. ⁵⁰
Smashed avocado, taro chips ^{VG, GF} 🥑	7.—	Hummus, flatbread, aubergine, shiitake ^{VG}	7.—
Fried chicken, pickled radish, spiced mayo ^{GF}	7.—	Fried courgette, lemon, tofu aioli ^{VG, GF}	4. ⁵⁰
Spinach, goats cheese croquettes ^V	5.—	Burrata bruschetta, avocado, corn, chilli ^V	6. ⁵⁰
Salt & pepper squid, jalapeño aioli	6. ⁵⁰	Beetroot salmon tartare, sesame ^{GF}	7.—

From the Grill.

Single / Double cheeseburger, fries	12. ⁵⁰ / 15.—
add bacon / fried egg / avocado	2.—
Buttermilk fried chicken sandwich, fries	12. ⁵⁰
Grind sweet potato burger, fries ^V	12. ⁵⁰
200g Flat-iron steak, bearnaise, fries ^{GF}	14.—

Flat-iron chicken, broccoli, baby potatoes ^{GF}	13. ⁵⁰
Pork chop, baby potatoes bravas ^{GF}	12.—
Sea bream, fennel, samphire ^{GF}	12.—
Salmon, corn, sprouting broccoli ^{GF}	14.—
Lamb chops, chickpea, tomato, flat bread	14.—

Pasta.

Mushroom lasagne, smoked cheese ^V	9.—
Prawn tagliatelle, tomato, chilli	13.—
Pappardelle bolognese, buffalo ricotta	11.—
Gnocchi, tomato, pine nuts, basil ^V	9.—
Wild mushroom spaghetti, pangritata ^V 🍷	10.—

Salads & Vegetables.

Edamame, pomegranate, plum, grains ^{VG, GF}	7. ⁵⁰
Wild rice, squash, sprouts, pomegranate ^{VG, GF}	8.—
Pak choi, aubergine, courgette, sesame ^{VG, GF}	8.—
Chicken salad, gem, parmesan, egg ^{GF}	8.—

Sides.

Watermelon salad, cucumber, feta, chilli ^{V, GF}	4.—
Spinach, courgette, sesame, chilli ^{VG, GF}	4. ⁵⁰
Sweet potato, lime yoghurt, nuts ^V	3. ⁵⁰
Charred carrots, feta, harissa, nuts ^V 🍷	4. ⁵⁰
Skin-on fries / sweet potato wedges ^V	4.—
Baby potatoes bravas ^V	4. ⁵⁰

Brunch, all day, every day.

Smashed avocado, poached egg, chilli, toast	9.—
add feta ^V , bacon	2. ⁵⁰
house-cured beetroot salmon	4.—
Sweet potato harissa cakes, poached egg ^V	9. ⁵⁰
One-pan eggs, peppers, chilli, toast ^V	9.—



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