

Fruits & Grains. *until midday.***Granola smoothie bowl** ^{V, GF} 6.—**Açaí bowl**, passion fruit, cacao nibs ^{VG, GF} 8.—**Overnight oats**, coconut, strawberry, brittle ^{VG, GF} 6.—**Coconut porridge**, sourcherry, almond ^{VG, GF} 6.—**Bottomless Brunch.**

Join us at our restaurants every weekend until 5pm for bottomless prosecco and bloody marys - ninety minutes of as much as you can (responsibly) drink for 14.⁵⁰

Brunch Regulars.**Smashed avocado**, poached egg, chilli, toast ^{VGR} 9.—*add feta* ^V 2.⁵⁰*bacon* 2.⁵⁰*house-cured beetroot salmon* 4.—**Sweet potato harissa cakes**, poached egg ^{VGR, GF} 9.⁵⁰*add avocado* ^{VG} 2.⁵⁰*bacon* 2.⁵⁰**One-pan eggs, peppers**, tomatoes, spinach, chilli, toast ^{VGR} 9.—*add bacon* 2.⁵⁰*sausages* 4.—**Breakfast.****House-cured beetroot salmon**, eggs on toast 10.—**Raw breakfast salad**, quinoa, avocado, kale, beetroot, grains, egg ^{VGR, GF} 8.—**Eggs florentine**, mushroom, halloumi ^V 9.—**Buttermilk pancakes**, blueberries, cream ^V 9.—*add bacon* 2.⁵⁰**Wild mushroom hash**, hash browns, fried egg ^V 9.—**Asparagus, scrambled eggs**, feta, chilli, tortilla ^{VGR} 8.—**Breakfast burrito**, eggs, sausage, bacon, avocado 9.—**Vegan breakfast burrito**, avocado, mushroom, potato, spinach, tofu 9.—**Full English breakfast**, eggs as you like, bacon, sausages, hash browns, white pudding, mushrooms, slow-roasted tomatoes, baked beans, toast 11.—**Full vegetarian breakfast**, eggs as you like, avocado, sweet potato cake, hash brown, mushrooms, slow-roasted tomatoes, baked beans, toast ^{VGR} 11.—

Add. egg or toast 1.⁵⁰ / *beans or tomato* 2.— / *avocado, sweet potato cake* ^{VG, GF}, *spinach, mushrooms, tofu, hash brown* or *bacon* 2.⁵⁰ / *beetroot-cured salmon* or *sausages* 4.—

All-Day Regulars. *from midday.***Single / Double cheeseburger**, fries 12.⁵⁰ / 15.—*add fried egg* 1.⁵⁰*avocado* 2.⁵⁰*bacon* 2.⁵⁰**Buttermilk fried chicken sandwich**, spiced slaw, pickles, fries 12.⁵⁰**Sweet potato burger**, tofu aioli, fries ^V 12.⁵⁰**Chicken salad**, soft egg, fennel, gem, ranch dressing ^{GF} 8.—**Flat-iron chicken**, sprouting broccoli, baby potato's, gravy ^{GF} 13.⁵⁰**Homemade pappardelle bolognese**, whipped buffalo ricotta 11.—**Homemade tagliatelle**, tiger prawns, tomato, garlic, chilli 13.—

Bar Snacks. *all 4.- or three for 10.-*

Smoked haddock fish fingers, mustard mayo
Padron peppers, maldon sea salt ^{VG}
Chorizo meatballs, pancetta, date ^{GF}
Fried courgette, lemon, tofu aioli ^{VG}
Baby patatas bravas ^{V, GF}
Nocellara olives & mixed nuts



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Something New.

We're trying out a brand-new, sharing-style menu in evenings for the rest of the year. We'd recommend two plates per person - let us know what you think at hello@grind.co.uk

Sharing Plates. *best served with cocktails.*

Smashed avocado, alfalfa sprouts, chilli, taro chips ^{VG, GF} 6.-
Fried chicken, pickled radish, coriander, chilli mayo ^{GF} 6.-
Spinach croquettes, whipped goats cheese, crispy basil ^V 5.-
Salt & pepper squid, jalapeño mayo, lime 6.-
Hummus, flatbread, aubergine, shiitake ^{VG} 6.-
Buratta bruschetta, beets, snap pea, aged balsamic ^V 6.-
Charred cauliflower, tahini, pomegranate, yoghurt ^{V, GF} 7.-
Pak choy, aubergine, courgette, sesame, soy dressing ^{VG, GF} 6.-
Courgetti spaghetti, coconut cream, broccoli, snap peas, chilli ^{VG, GF} 8.-
Beetroot salmon ceviche, toasted quinoa, cucumber, grapefruit, aioli, fennel ^{GF} 6.-
Charred carrots, whipped feta, harissa, dukkah, mint ^{V, GF} 4.⁵⁰
Sweet potato wedges, lime yoghurt, spiced nuts ^{V, GF} 4.⁵⁰
Berkshire pork chop, chilli, honey, oregano ^{GF} 10.-
Roasted salmon, corn puree, sprouting broccoli, jalapeño ^{GF} 12.-
Lamb chops, korean chilli paste, aubergine, miso, sesame ^{GF} 12.-
Black Angus rib-eye, bone marrow, pickled shiitake, capers, shallots 15.-

Grind Regulars.

Single / Double cheeseburger, fries 12.⁵⁰ / 15.-

add fried egg 1.⁵⁰
 avocado 2.⁵⁰
 bacon 2.⁵⁰

Buttermilk fried chicken sandwich, spiced slaw, pickles, fries 12.⁵⁰
Sweet potato burger, tofu aioli, fries ^V 12.⁵⁰
Chicken salad, soft egg, fennel, gem, ranch dressing ^{GF} 8.-
Flat-iron chicken, sprouting broccoli, baby potato's, gravy ^{GF} 13.⁵⁰
Homemade pappardelle bolognese, whipped buffalo ricotta 11.-
Homemade tagliatelle, tiger prawns, tomato, garlic, chilli 13.-

Sides.

Skin-on fries / sweet potato wedges 4.-