Available on weekends before 4.30pm.

Ninety minutes of as much as you can (responsibly) drink.

Bottomless Prosecco 19.—/ Tommy's Margarita 25.—/ Lillet Spritz 25.—

Coconut yoghurt & chia, house buckwheat & quinoa granola, blackberry VG GF 8.50

Almond m*lk porridge, banana, house peanut butter, seeds, date molasses VG GF 7.50

Grilled cheese, onion & grain mustard chutney, fried eggs V 12.50

Breakfast burrito, salsa verde 13.-

One pan eggs, tomato, peppers, onions, spinach, chilli, coriander, sourdough VVGR 13.50 Huevos rancheros, scrambled eggs, tortilla, avocado, feta, black bean salsa V 13.50 Thick cut French toast, whipped mascarpone, banana, chocolate & toffee sauce V 13.—

Wild mushroom hash, poached eggs, aged parmesan, sourdough V14.—
House crumpets, poached eggs, hollandaise, sprouts, smoked salmon or mortadella 14.—
Buttermilk pancakes, whipped mascarpone, berry compote, maple syrup V14.—

Sweet potato harissa cakes, poached egg, yoghurt, micro cress V VGR GF 11.50

Smashed avocado, sourdough, basil, chilli, sprouts VG 11.50

Add. eggs, bacon, feta 3.- / smoked salmon 4.50

Grind breakfast, rich yolk eggs, thick cut Essex salt marsh bacon, roast tomato, hash brown Cumberland sausage, flat mushroom, baked beans, sourdough **16.**—

Grind vegetarian breakfast, rich yolk eggs, hash browns, sweet potato harissa cake, avocado, flat mushroom, baked beans, spinach, aubergine, sourdough VGR 15.50

Add. beans, toast 2.— / eggs, sweet potato cake, spinach, tofu, hash brown, bacon 3.— halloumi, mushrooms 3.50 / avocado 4.— / smoked salmon 4.50 / thick cut bacon, sausages 5.—

Crispy squid, plum sauce, basil, lime 9.50

Burrata, beets, pistachio, aged balsamic, sorrel, crostini 9.50

Scamorza & leek croquettes, apple chutney, parmesan, lemon V 9.50

Chicken caesar salad, baby gem, croutons, anchovy, aged parmesan 16.-

Flat-iron chicken, jersey royals, samphire, shaved raw vegetable, aioli, chicken jus GF 19.50

Flat-iron steak, hash brown trimmings, béarnaise GF 21.50

Prawn katsu sando, tempura prawn, dijonaise, cabbage, shallots, skin-on fries 19.-

Roast seabass, datterini tomatoes, chickpeas, olives, soft herbs, preserved lemon dressing 19.-

Grind cheeseburger, dijonnaise, crispy shallots, pickle, skin-on fries 16.50

Buttermilk fried chicken sando, hot sauce, slaw, pickled jalapeño, skin-on fries 16.50

Add. fried egg 1.50 / avocado 4.— / thick cut bacon 5.—

Spiced lentils crispy chickpeas, coconut yoghurt, house flat bread VG 10.—
Roast vegetables, radicchio, almonds, quinoa, aged balsamic VG 12.—
Barley risotto, wild mushrooms, spinach, Oatly créme fraiche VG 13.—

Add: poached egg 1.50 / feta 3.—/ avocado 4.— / smoked salmon 4.50 / chicken 6.— **Sides:** Skin-on fries / Youssou's roast potatoes **5.**50 Parmesan polenta fries / Roasted seasonal vegetables **6.**—

Burnt cheesecake, sour cherry molasses 8.— Guanaja 70% chocolate fondant, Judes vanilla ice cream $^{\lor}$ 7. 50 Grind House Blend tiramisu $^{\lor}$ 8.—

Dessert.

All Day.