All Day.

One pan eggs, tomato, peppers, onions, spinach, chilli, coriander, sourdough VVGR 13.50 Huevos rancheros, scrambled eggs, tortilla, avocado, feta, black bean salsa V 14.—

Thick cut French toast, whipped mascarpone, banana, chocolate & toffee sauce V 13.50

Wild mushroom hash, poached eggs, aged parmesan, sourdough V 14.50

House crumpets, poached eggs, hollandaise, sprouts, with smoked salmon or mortadella 15.—
Buttermilk pancakes, whipped mascarpone, berry compote, maple syrup V 15.—
Sweet potato harissa cakes, poached egg, yoghurt, micro cress V VGR GF 12.—
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 17.50

**Grind vegetarian breakfast,** rich yolk eggs, hash browns, sweet potato harissa cake, avocado, flat mushroom, baked beans, spinach, aubergine, sourdough  $^{\text{VGR}}$  **16.**—

**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.—

Chicken caesar salad, baby gem, croutons, anchovy, aged parmesan 16.50

Harissa roast half chicken, mini caesar salad, roast potato's 21.—

Steak & chips, flat-iron steak, peppercorn sauce, skin-on fries 22.—

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

Roast seabass, datterini tomatoes, chickpeas, olives, soft herbs, preserved lemon dressing 20.—

Grind cheeseburger, dijonnaise, crispy shallots, pickle, skin-on fries 17.50

Buttermilk fried chicken sando, hot sauce, slaw, pickled jalapeño, skin-on fries 17.50

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

Plant Based.

Spiced lentils crispy chickpeas, coconut yoghurt, house flat bread VG 11.—
Roast vegetables, radicchio, almonds, quinoa, aged balsamic VG 12.50
Barley risotto, wild mushrooms, spinach, Oatly créme fraiche VG 13.50

**Add:** poached egg 1.50 / feta 3.—/ avocado 4.— / smoked salmon 4.50 / chicken 6.— **Sides:** Skin-on fries / Youssou's roast potatoes / Watermelon & feta salad **6.**— Parmesan polenta fries **7.**—

Chocolate & peanut sundae, brownie, cookie dough ice cream, whipped cream 9.-

Grind House Blend tiramisu  $^{\vee}$  9.— Honeycomb affogato, Grind House Blend  $^{\vee}$  6.— Vanilla panna cotta, strawberries, aged balsamic, almond  $^{\vee}$  8.—

Please let us know of any allergies before ordering Filtered still or sparkling water charged at £1 per guest Substitutions will be charged as additions. Discretionary service of 12.5% will be added to your bill. We are a cashless business so only cards accepted. No laptops after 6pm.

VG - Vegan, V - Vegetarian, VGR - Vegan on request, GF - Gluten-Free.

