

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

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



## 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.<sup>50</sup>



## Something New.

We're trying out a brand-new, sharing-style menu in the evening. We'd recommend two plates per person - let us know what you think at [hello@grind.co.uk](mailto:hello@grind.co.uk)

## Sharing Plates. *best served with cocktails.*

**Smashed avocado**, alfalfa sprouts, chilli, taro chips <sup>VG, GF</sup> **6.-**  
**Fried chicken**, pickled radish, coriander, chilli mayo <sup>GF</sup> **6.-**  
**Spinach croquettes**, whipped goats cheese, crispy basil <sup>V</sup> **5.-**  
**Salt & pepper squid**, jalapeño mayo, lime **6.-**  
**Hummus, flatbread**, aubergine, shiitake <sup>VG</sup> **6.-**  
**Burrata bruschetta**, beets, snap pea, aged balsamic <sup>V</sup> **6.-**  
**Hot smoked salmon salad**, roast beets, endive, pickled onion, horseradish **6.-**  
**Charred broccoli**, whipped spiced tofu, coriander <sup>VG, GF</sup> **7.-**  
**Pak choi**, aubergine, courgette, sesame, soy dressing <sup>VG, GF</sup> **6.-**  
**Charred carrots**, whipped feta, harissa, dukkah, mint <sup>V, GF</sup> **4.<sup>50</sup>**  
**Sweet potato wedges**, lime yoghurt, spiced nuts <sup>V, GF</sup> **4.<sup>50</sup>**  
**Crispy pork belly**, sweet potato, sesame, cucumber, tamarind **10.-**  
**Lamb chops**, korean chilli paste, aubergine, miso, sesame <sup>GF</sup> **12.-**

## Grind Regulars. *from midday.*

**Single / Double cheeseburger**, skin-on fries **12.<sup>50</sup> / 15.-**

*add fried egg 1.<sup>50</sup>  
 avocado 2.<sup>50</sup>  
 bacon 2.<sup>50</sup>*

**Buttermilk fried chicken sandwich**, spiced slaw, pickles, skin-on fries **12.<sup>50</sup>**

*add avocado 2.<sup>50</sup>*

**Sweet potato burger**, tofu aioli, skin-on fries <sup>V</sup> **12.<sup>50</sup>**

**Chicken salad**, soft egg, fennel, gem, ranch dressing <sup>GF</sup> **8.-**

**Ancient grains**, shiitake, sprouts, pesto, poached eggs <sup>VGR</sup> **8.-**

**Flat-iron chicken**, sprouting broccoli, baby potatoes, gravy <sup>GF</sup> **13.<sup>50</sup>**

**Homemade pappardelle bolognese**, whipped buffalo ricotta **11.-**

**Homemade tagliatelle**, tiger prawns, tomato, garlic, chilli **13.-**

**Roasted salmon**, corn puree, sprouting broccoli, jalapeño <sup>GF</sup> **12.-**

**Courgetti spaghetti**, spiced coconut cream, broccoli, snap peas, chilli <sup>VG, GF</sup> **8.-**

**Black Angus rib-eye**, bone marrow, pickled shiitake, capers, shallots **15.-**

## Sides.

Skin-on fries / sweet potato wedges / house salad **4.-**