Weekday Brunch.

House Favourites.

Protein bowl, green harissa, quinoa, sweet potato, poached eggs, avocado, spinach, cottage cheese V, PBR **14.—**

Grind vegetarian breakfast, rich yolk eggs, hash browns, sweet potato cake, avocado, flat mushroom, baked beans, spinach, aubergine, sourdough toast V, PBR **15.—**

Grind breakfast, rich yolk eggs, streaky bacon, roast tomato, hash browns, Cumberland sausages, baked beans, flat mushroom, sourdough toast **15.50**

Steak, eggs & chips, flat-iron steak, rich yolk eggs, skin-on fries, chimichurri **20.—**

Eggs Royale, English muffin, smoked salmon, poached eggs, hollandaise **13.50**

Eggs Benedict, English muffin, shaved ham, poached eggs, hollandaise **12.—**

Smoked salmon & scrambled eggs, cream cheese, sourdough toast **12.50**

Almond porridge, banana, house peanut butter, seeds, date molasses **7.—**

Eggs on sourdough, any style **7.—**

One pan eggs, tomato, peppers, aubergine, spinach, poached eggs, chilli, yoghurt, sourdough toast V, PBR **11.50**

Breakfast burrito, scrambled eggs, bacon, sausage, refried beans, spinach, peppers, hash brown, salsa madre **13.—**

Buttermilk pancakes, whipped mascarpone, berry compote, maple syrup V **13.50**

Acai bowl, house peanut butter, banana, strawberry, mango, house granola, puffed rice PB **13.—**

Thick-cut French toast, whipped vanilla ricotta, lemon curd, blueberry compote, basil, pistachio V **13.50**

Avocado on toast, sourdough toast, sprouts, chilli PB, GFR **11.50**
Add. *eggs, bacon, feta 3.— / smoked salmon 4.50*

Grind breakfast burger, Cumberland sausage patty, bacon jam, burger cheese **8.50**
Add. *fried egg 1.50*

Chicken caesar salad, baby gem, croutons, anchovy, aged parmesan **15.50**
Add. *poached egg 1.50 / avocado 3.- / smoked salmon 4.50*

Miso-glazed salmon salad, green beans, peas, broad beans, cucumber, yuzu & sesame seed dressing PBR **16.—**

Chicken club sandwich, streaky bacon, tomato, lettuce, buttermilk ranch dressing, skin-on fries **17.—**

Grind cheeseburger, dijonnaise, pickle, shallots, skin-on fries **17.—**
Add. *fried egg 1.50 / bacon 3.— / avocado 3.—*

Buttermilk fried chicken burger, hot sauce, slaw, pickled jalapeño, skin-on fries **17.—**
Add. *fried egg 1.50 / bacon 3.— / avocado 3.—*

Sweet potato cakes, poached eggs, harissa dressing V **11.50**

400g Rib-eye steak, skin-on fries, peppercorn sauce **33.—**

Wild mushrooms, hash browns, poached eggs, parmesan **14.—**

Turkish eggs, confit garlic yoghurt, soft herbs, pumpkin & linseed chilli crunch V **10.50**

Sides.

Skin-on fries / House salad, green goddess / Sweet potato wedges, dukkah / Tenderstem Broccoli, salsa verde / Roast carrots, crispy chickpeas, tahini **6.—**

Add.

beans, sourdough toast **2.50** / eggs, sweet, potato cake, spinach, scrambled tofu, hash browns, bacon **3.—** / halloumi, mushrooms **3.50** / avocado **4.—** / smoked salmon **4.50** / sausages **5.—** / chicken **6.—**

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.

PB - Plant-Based,
V - Vegetarian,
PBR - Plant-Based on request,
GF - Gluten-Free.

This paper is made from 100% recycled fibres.

Brunch.

Seasonal Specials

Roasted Hazelnut Latte	**5.10**
Vanilla & Cinnamon Latte	**5.–**
Chocolate Orange Latte	**5.–**
Earl Grey & Ginger Matcha	**5.10**
White Chocolate & Apricot Matcha	**5.–**
Salted Maple Hojicha	**5.20**
Make it iced	-.40

Coffee & Tea

Espresso	**3.20**
Macchiato / Cortado	**3.40**
Filter	**3.50 / 3.60**
Long Black	**3.55 / 3.75**
Flat White	**4.10**
Latte / Cappuccino	**4.20 / 4.50**
Mocha	**4.30 / 4.60**
Spanish Latte	**4.40 / 4.80**
Hot Chocolate	**4.20 / 4.50**
Matcha Latte	**4.20 / 4.60**
Chai Latte	**4.20 / 4.50**
Turmeric Latte	**3.95 / 4.40**
Iced Black	**3.70**
Iced Latte	**4.40**
Iced Matcha	**4.50**
Iced Strawberry Matcha	**5.30**
Peach Iced Tea	**4.60**
Raspberry Iced Tea	**4.60**
Salted Caramel Frappé	**5.80**
Pistachio Matcha Frappé	**5.80**

Extras & Add Ons

Alt milk. Oat / Coconut / Almond / Soy	**Free**
Extras. Vanilla / Caramel / Honey / Agave	**–.40**
Coffee shot / Matcha shot / Whipped cream	**–.50**
Collagen / Protein	**1.20**

Tea **3.–**

Breakfast, Earl Grey, Green,
Lemongrass, Peppermint, Chamomile

Brunch Drinks

Bottomless Brunch. **21.–**
90 minutes of as much as you can (responsibly) drink. Available in addition to any main dish on weekends until 4:30pm: Prosecco, mimosas, house wine or draught beer.

Bellini	**8.–**
Mimosa	**7.50**
Grind Bloody Mary Vegan	**9.50**
Sarti Spritz	**9.50**
Breakfast Martini 42 Below vodka, orange, low sugar orange marmalade, orange blossom	**9.–**
Rosé Iced Tea Lillet Rosé, tea, strawberry shrub, lemon, Fever-Tree spring soda *Make it a spritz* ***+1***	**8.50**

Smoothies & Juices

Fresh Homemade Smoothies **8.–**
All garnished with a little coconut yoghurt.
Add collagen or protein ***+1***

Golden Defence
Mango, pineapple, banana, orange, ginger, turmeric, bee pollen

Super Green
Spinach, avocado, cucumber, mint, apple, lemon, Super Greens Blend

Glow Getter
Raspberry, strawberry, peach, apple, honey, acerola cherry

Blue Boost
Banana, blackberry, blueberry, almond milk, almond butter, blue spirulina, Seven Mushroom Blend

PRESS Juices **5.75**

Sweet Green Juice
Apple, cucumber, pineapple, spinach, kale, lime, ginger, spirulina

Turmeric Glow Juice
Pineapple, pear, mango, passion fruit, turmeric

Berry Boost Juice
Apple, strawberry, lemon, mint

Orange Juice / Apple Juice	**5.25**
Ginger Shot	**3.75**

Drinks.