



BREAKFAST

Full English

£8

Old English Sausage, 2 rashers of Aigburth bacon, crispy hash brown, beans, slow roasted seasoned tomato, sauteed mushrooms, local eggs cooked your way and thick toast

Large full English

£9.95

2 Old English Sausage, 2 rashers of Aigburth bacon, 2 crispy hash brown, beans, slow roasted seasoned tomato, sauteed mushrooms, award winning black pudding, local eggs cooked your way and 2 slices of thick toast.

Full veggie (V)

£8

Veggie sausage, 2 smoky vegan bacon, hash brown, 2 eggs of your choice, mushrooms, grilled tomatoes, beans and thick toast.

Full vegan

£8

Vegan sausage, smoky vegan bacon, hash brown, scrambled tofu, mushrooms, grilled tomatoes, beans and thick toast.

Skinny breakfast

£7

Cooked in one cal spray, 2 slices of bacon with the fat cut off, mushrooms, grilled tomatoes, 2 poached eggs and baked beans.

No carbs here

£7.50

Scrambled eggs, avocado, cherry tomatoes, horseradish and either smoked salmon or halloumi.

Steak and eggs

£10.95

Pan Seared steak slices served on toasted sourdough bread with a fried egg, chorizo butter and cracked black pepper

Eggs benedict

£7.50

Locally sourced poached eggs served with Aigburth bacon on a toasted muffin with freshly made hollandaise sauce

Eggs florentine

£7

Locally sourced poached eggs served with spinach on a toasted muffin with freshly made hollandaise sauce

Eggs royale

£8.50

Locally sourced poached eggs served with Scottish smoked salmon on a toasted muffin and freshly made hollandaise sauce

Eggs special 

£8.50

Locally sourced poached eggs served with crispy hash brown, black pudding on a toasted muffin and freshly made chorizo hollandaise sauce

Croque madame

£8

Grilled bacon with crispy halloumi and melting cheddar sauce on toasted bread. Topped with a creamy homemade bechamel sauce and finished with a fried egg on the top

Scrambled egg with salmon

£8.50

Scottish smoked salmon with creamy scrambled local eggs and fresh chives on a toasted bagel

Mushrooms on toast

£7

Pan fried mushrooms in a creamy sauce with smoked pancetta pieces on thick toast.

Breakfast muffin

£7

Old English sausage herb patty with crispy streaky bacon and melted cheese on a toasted muffin served with a crispy hash brown and a dipping pot of beans

Breakfast sandwiches / toasties

£4.50

One item

Extra items

£1

Egg, bacon, sausage, hash brown, cheese, black pudding

Toast

£1.80

2 slices of thick buttered toast

Scone with jam and cream

£3

Cake of the day

£3.50

Toasted waffles

£5.50

Homemade waffles with fresh strawberries and either maple syrup or chocolate spread

WRAPS

All served with salad and fries

Salt and pepper chicken

£8.50

Crispy chicken pieces with salt and pepper seasoning, sauteed peppers and onions

Cheeseburger

£8.50

Mini grilled burgers with fried onions and melted cheese

Duck

£8.50

Roasted crispy Duck with spring onion, cucumber and hoi sin sauce

Bacon and brie

£8.50

Melting brie with bacon and cranberry sauce

Sweet Chilli Chicken

£8.50

Grilled chicken with sweet chilli sauce and mozzarella

Vegan sausage

£8.50

Vegan sausage with fried peppers and onions with sweet chilli sauce

Philly cheese steak

£9.50

Grilled steak with fried red onion, peppers and mozzarella

**FOR ALLERGENS
PLEASE ASK YOUR SERVER**



SANDWICHES

All served with salad and fries

Add a small soup £2.50

Open Seafood £8.50

Poached tiger prawns with smoked salmon, Marie rose sauce, sliced tomato, crispy lettuce and a wedge of lemon

BLT or vegan BLT £7.95

Grilled bacon with lettuce, tomato and mayo

Club £8.50

Chicken, lettuce and bacon on ciabatta with sweet chilli mayo

Fish finger £8.50

Homemade crispy fish fingers in homemade ale beer batter served with lettuce and tartare sauce

Sausage and cheese £7.95

Old English Sausages with melting gouda cheese, fried red onion and chutney

Bacon and brie £7.95

Grilled bacon and melting brie with a sweet cranberry sauce

Tuna £7.95

Tuna and mayonnaise with red onion and cucumber

Ham £5.95

Classic sliced ham on buttered bread

Vegan ham (vg) £5.95

Vegan ham on buttery bread

Salt and pepper tofu (vg) £6.95

Salt and pepper Scrambled tofu with fried vegetables and sweet chilli Vegan mayo

SIDES

Garlic bread £3.50

House salad £4

Fries £4

Hand cut chips £4

Sweet potato fries £4

Tenderstem broccoli with chilli flakes and feta £4

Coleslaw £3

Peppercorn/Diane/Salt and vinegar sauce £3

LUNCH

Soup of the day £4.95

Served with toasted ciabatta

Fish and chips £9.95

Fish in a light crispy beer batter served with minted mushy peas, charred lemon, pickled onions, salt and vinegar sauce served with hand cut chips

Vegan burger (vg) £9.95

(Served with fries and slaw)

Bangkok bad boy in a Thai crumb with oriental flavours with pak choi, red onion and lime mayo

Or

Plain vegan burger with bacon, cheese and a choice of sauce with a salad and pickles

Ribs £10.95

Fall off the bone ribs slow cooked in our house stock recipe sweet and tangy with Mississippi - style BBQ sauce. Served with fries, coleslaw, little bowl of pickles and onions

Sweet bake (vg) £8.95

Whole baked sweet potato served with slow roasted medley of vegetables in a garlic and basil tomato sauce. Vegan sausage, sundried tomato and a homemade pesto sauce

Rise and grind smash burger £9.95

Served with fries and slaw Double steak smash patties with melting burger cheese, slow roasted crispy streaky bacon, melting buttery grilled onions and a sauce of your choice and pickles

Singapore noodles £9.95

Egg noodles with a Singapore spice, mixed asian vegetables, sesame oil, seeds and finished with a crispy fried egg. Choice of Char sui pork, chicken, halloumi (v) or tofu (vg)

Mushroom risotto (v) £8.95

Mushrooms in a creamy risotto with leek, roasted smoked peppers served with garlic crouton and fresh herbs

Mediterranean vegetable tart £9

Served with fries, salad & vegan coleslaw

Grilled salmon fillet £9.95

On a bed of sweet chilli noodles, onions, peppers, pak choi and topped with chilli flakes.

Peri peri chicken £9.95

Grilled butterfly chicken, peppers and onions tossed in a peri peri sauce. Served with sweet potato fries and home made slaw.

Caesar salad £8

Tossed in our home made dressing, iceberg lettuce, grilled chicken, bacon, anchovies, parmesan and topped with a poached egg and croutons

Tuna salad £8

Tossed with green leaves, cherry tomatoes, red onion, sweetcorn, cucumber, feta cheese and balsamic dressing

Feta & Avocado £8

Mixed leaf, peppers, onions, cherry tomatoes and a sprinkle of oregano



@riseandgrindnw



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