



### BEFORE WE BEGIN

Little cheeky bowl of olives	£3.50
Homemade hummus served with pitta bread	£3.95

### TO SHARE

<b>CAMEMBERT</b>	£12.95
Dip and dunk melting baked cheese glazed with honey and dipping bread with crispy salted onions	

<b>MEAT FEAST</b>	£25
Grilled chorizo, steak slices, half rack of ribs, crispy chicken, sticky sausages, crispy salt and pepper onions, served with a selection of dips	

<b>THUNDER PIG TOMAHAWK</b>	£30
7hour slow cooked cola full ham hock served on the bone tomahawk style with a BBQ glaze, with crispy bacon and cheddar, crushed potato, Boston BBQ beans, chorizo, peppered mushrooms and onions mixed with our house ribs	

### SMALL PLATES

<b>CHICKEN STRIPS</b>	5 pieces £5.95	10 pieces £9.95
Homemade chicken strips in a crispy coating tossed in a choice of sauce		
-Garlic butter		
-Mango sweet chilli		
-Salt and pepper		
-Plain with a garlic mayo dip		

<b>BLACK PUDDING BON BONS</b>	£5.95
Bury black pudding with melted mozzarella balls in a crunchy crumb served with apple sauce	

<b>STEAK AND PRAWN SKEWERS</b>	£7.95
Grilled rump steak strips, tiger prawns with Peppers, onions glazed with a garlic and chilli butter black pepper dip	

<b>TOFFEE APPLE PORK BELLY</b>	£6.95
Slow cooked crispy pork belly served with a sticky toffee sauce, apple puree, bacon crisp and potato	

<b>MEXICAN HALLOUMI</b>	£6.95
Crispy grilled halloumi chunks sitting in a 3 cheese sauce with chorizo pieces, jalapenos and Cajun spice	

<b>STICKY SAUSAGES</b>	£4.95
Choice of old English or vegan sausages tossed in the pan with onion and peppers in a sticky sauce served with a side salad (vg)	

<b>MUSHROOM BRUSCHETTA</b>	£5.95
Pan fried mushrooms served on toasted garlic butter ciabatta, rocket, pesto with a choice of shaved parmesan or feta topping	
Ask for vegan option (vg)	

<b>PAELLA CROQUETTES</b>	£6.95
Risotto rice balls with diced chicken, shellfish and mixed vegetables with added chorizo in a crispy crumb served alongside a sweet and Smoky Valencia tomato jam	

<b>SAGANAKI ROLLS</b>	£4.95
Grilled Goats cheese and feta with oregano, caramelised red onion, homemade smoked fire roasted pepper, orange zest in crispy rolls served with a mint yoghurt dip (v)	

<b>POTATO CHUNKS</b>	£3.95
Small twice cooked potatoes with a choice of either	
-Bravas in a homemade tomato stew	
-Katsu in a Japanese curry sauce	
-Salt and pepper seasoning with peppers and onion (vg)	

<b>LITTLE BOWL OF NACHOS (V)</b>	£3.95
Nachos topped with sour cream and salsa on melting cheese	

<b>CHORIZO</b>	£5.95
Pan fried chorizo cooked in red wine	

### LOADED FRIES

<b>DUCK FRIES</b>	£5.95
Shredded Duck with cucumber, spring onion, hoi sin sauce	

<b>ITALIAN FRIES</b>	£4.95
Tossed in oregano, pancetta, garlic butter and melted mozzarella	

<b>PIG- STY FRIES</b>	£5.95
Shredded pork belly, rib meat and ham hock in BBQ sauce with melted cheese	

<b>PRAWN GYOZAS</b>	£4.95
Served with sweet chilli & soy sauce	

<b>CHICKEN GYOZAS</b>	£4.95
Served with sweet chilli & soy sauce	

<b>SUI MAI</b>	5 £4.95	12 £10.95	24 £20.50
Salt & pepper / BBQ / red hot			

<b>GAMBAS</b>	£6.95
Classic Spanish tapas dish found in every tapas bar in Spain, prawns baked in a terracotta bowl with garlic butter and smoked paprika	

<b>CHICKEN WINGS</b>	5 £5.95	10 £8.95
Twice cooked chicken wings in a flavour of your choice		
Salt & pepper / hot chilli sauce / BBQ / peri peri		



**CAULIFLOWER WINGS (VG)** 5 £4.95 10 £7.95  
Twice cooked local cauliflower in a flavour of your choice  
Salt & pepper / hot chilli sauce / BBQ / peri peri

## BIG PLATES

**SINGAPORE NOODLES** £9.95  
Egg noodles with a Singapore spice with mixed Asian vegetables, sesame oil and seeds finished off with a crispy fried egg Choice of pork, chicken, halloumi or tofu (vg)

**CHICKEN PARM TAGLIATELLE** £10.95  
Crispy chicken breast topped with a pizza sauce, melting cheese and pepperoni served on creamy garlicky tagliatelle pasta

**CUBAN MOJO CHICKEN** £10.95  
Seared Grilled chicken in a fresh Cuban mojo sauce with citrus, chilli and garlic served with nachos, grilled pineapple, sour cream and a fresh avocado salsa

**TASTE OF ASIA** £12.95  
Char sui pork or garlic and soy marinated steak with salt and pepper mash, mini sesame omelette and wok fried garlic pak choi with crispy red onion  
Add tiger prawns £2.50

**STEAK N CHIPS** £16.95  
8oz rib eye served with chunky chips, roasted Mushroom, tomato & homemade crispy onion. Accompanied with your choice of peppercorn sauce or Diane sauce  
Add prawns to make it a surfy - turfy kinda dish £2.50

**CHEESE N' CHIPS** £12.95  
Grilled fillet of halloumi served with chunky chips, roasted mushroom, tomato & homemade crispy onion.  
Accompanied with your choice of peppercorn sauce, Diane sauce or cheese sauce (v)

**SEAFOOD RISOTTO** £12.95  
Catch of the day risotto with Mussels, Squid and chorizo cooked in white wine and fresh fish stock with leeks and peppers finished with a dash of cream and fresh herbs

**GOATS CHEESE RISOTTO (V)** £10.95  
Creamy Goats cheese and pickled Beetroot risotto with lemon zest fresh herbs, garlic, leeks and buttery croutons

**FISH AND CHIPS** £10.95  
Fish of the day in a light crispy beer batter, served with minted mushy peas, charred lemon, pickled onions, a salt and vinegar sauce & 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  
Vegan burger with bacon and cheese and choice of sauce and salad with a pickle

**RISE AND GRIND SMASH BURGER** £10.95  
(Served with fries and slaw)  
Double steak smash patties with melting burger cheese, slow roasted crispy streaky bacon, melting buttery Grilled onions and a pickle. Served with a sauce of your choice

**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)** £10.95  
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 and watercress

**SIDES**  
Pak choi in garlic £3.50  
Plain halloumi fries, salt and pepper  
or cajun with a choice of dips 6 £4.95 12 £8.95  
Cheese and bacon mash £3.95  
Garlic bread £3.50  
Cheese garlic bread £3.95  
Cheese and chorizo garlic bread £4.20  
Fries £4  
Cheese fries £4.95  
Feta salad £3.95

Not all ingredients are listed, so please inform your server about any allergies you have. All our dishes are made fresh from our kitchen by professional chefs to order. We send each dish when it is ready, any issues please speak to a member of staff.

From Michelle and her team we hope that you enjoy your experience at Rise and Grind and remember to recommend us to a friend, tag us on Instagram or facebook and spread the love x

**FOR ALLERGENS  
PLEASE ASK YOUR SERVER**

 **0151 378 1295**

  **@riseandgrindnw**