



ON GRIDDLED SOURDOUGH

Parma ham £8.50
Scrambled egg, sun dried tomatoes and basil pesto

Chorizo £8.50
Scrambled egg, cherry tomatoes and tomato chilli jam

Grilled halloumi & avocado (v) £8.50
Two poached eggs, cherry tomato and paprika

Vegan ham/sausage £8.50
Avocado, scrambled tofu and cherry tomatoes

Extra items £2
Poached eggs, salmon, spinach, bacon, halloumi, avocado

BREAKFAST (GF options)

Full English £9.95
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 £11.95
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) £9.95
Veggie sausage, 2 smoky vegan bacon, hash brown, 2 eggs of your choice, vegan black pudding, mushrooms, grilled tomatoes, beans and thick toast.
Go large add £2

Full vegan £9.95
Vegan sausage, smoky vegan bacon, hash brown, scrambled tofu, vegan black pudding, mushrooms, grilled tomatoes, beans and thick toast.
Go large add £2

Skinny breakfast (GF) £7.95
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 £7.95
Scrambled eggs, avocado, cherry tomatoes, horseradish and either smoked salmon or halloumi.

Steak and eggs £12.95
Pan Seared steak slices served on toasted sourdough bread with a fried egg, chorizo butter and cracked black pepper

Poached eggs £8.95
Locally sourced poached eggs served on a muffin or sourdough, topped with homemade hollandaise sauce - with your one choice of – smoked salmon, spinach, halloumi, bacon or avocado
extra items £2

Eggs specialé £8.95
Locally sourced poached eggs served with crispy hash brown, black pudding on a toasted muffin and freshly made chorizo hollandaise sauce

Croque madame £9.95
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 £8.95
Scottish smoked salmon with creamy scrambled local eggs and fresh chives on a toasted bagel

Mushrooms on toast £7.95
Pan fried mushrooms in a creamy sauce with smoked pancetta pieces on thick toast.

Breakfast muffin £7.95
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

BELTA £8.95
Bacon, egg, lettuce, tomato and avocado served on a bagel

Breakfast sandwiches / toasties £4.50
One item
Extra items £1
bacon, sausage, cheese, black pudding, egg

Toast £1.80
2 slices of thick buttered toast

Toasted waffles £6.50
Homemade waffles with fresh strawberries and either maple syrup or chocolate spread

WRAPS (GF options)
All served with salad and fries

Salt and pepper chicken £8.95
Crispy chicken pieces with salt and pepper seasoning, sauteed peppers and onions

Duck £8.95
Roasted crispy Duck with spring onion, cucumber and hoi sin 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 £11.50
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 £3.50

BLT or vegan BLT £8.95

Grilled bacon with lettuce, tomato and mayo

Fish finger £8.95

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

Tuna £7.95

Tuna and mayonaisse with red onion and cucumber

Ham £7.95

Classic sliced ham on buttered bread

Vegan ham (vg) £7.95

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

Triple decker £8.95

3 extra thick toast filled with Chicken, bacon, lettuce and mayo. Served with salad and fries

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

SALADS (GF options)

Caesar salad £8.95

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

LUNCH

Soup of the day £4.95

Served with toasted ciabatta

Fish and chips £10.95

Fish in a light crispy beer batter served with minted mushy peas, charred lemon, served with hand cut chips

Ribs £12.95

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

Vegan burger (vg) £10.95

(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

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 sauce of your choice and pickles

Rise and grind chicken burger £10.95

Homemade breaded chicken fillet, served on a brioche bun with lettuce, mayo and our secret house sauce, fries and a side salad

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)

Mediterranean vegetable tart £9

Served with fries, salad & vegan coleslaw

Peri peri chicken £10.95

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

Toasted tea cake £3

Scone with jam and cream £3.50

Cake of the day £4

  @riseandgrindnw

 0151 378 1295