

Breakfast

Weekdays | served from 10am until 12pm Weekends | served from 9am until 11:30am

Homemade Sourdough Toast

Served with butter (vegan butter available on request)
Add a pot of jam or marmalade 0.50

Greek Yoghurt & Granola

Greek yoghurt drizzled with honey, topped with granola, kiwi, banana, fresh berries, berry compôte & chia seeds

Eggs on Homemade Sourdough Toast

How do you like your eggs in the morning? (St Ewe eggs fried, scrambled or poached) 8.00

Veggie Breakfast

Choice of St Ewe egg (fried, scrambled or poached), halloumi, parsley mushrooms, roasted herby tomato, spinach, kale, baked beans, smashed avocado & hash browns, served with homemade toasted sourdough 12.50

Full English

3.00 Choice of St Ewe egg (fried, scrambled or poached), back bacon, traditional pork sausage, parsley mushrooms, roasted herby tomato, black pudding, baked beans & hash browns, served with homemade toasted sourdough 12.50

Vegan Breakfast

9.00 Homemade falafel cakes, parsley mushrooms, roasted herby tomato, spinach, kale, baked beans, smashed avocado & hash browns, served with homemade toasted sourdough & vegan butter 12.00

Add Something Extra!

2 Bacon Rashers	3.00	2 Sausages	3.00	2 St Ewe Eggs	2.50	Mushrooms	2.00
Black Pudding	2.00	Avocado	2.75	Baked Beans	1.50	Halloumi	3.00
Smoked Salmon	3.00	Extra Toast	1.50	Hash Brown	2.00	2 Falafel	2.00



Let's Brunch

Weekdays | served from 10am until 3pm Weekends | served from 9am until 3pm

Smashed Avocado

Seasoned avocado on homemade sourdough toast, topped with a fresh pico de gallo & crumbled feta (vegan feta available on request)
Add something else - check our extras!

Welsh Rarebit

Served on homemade sourdough toast, our Welsh Rarebit is loaded on top of chargrilled buttery leeks, topped with shredded honey roasted ham, St Ewe poached egg & chilli jam
Add something else - check our extras!

Sriracha Benedict

← Trust us on this!

Two St Ewe poached eggs & Parma ham on toasted homemade focaccia, topped with sriracha hollandaise, crispy fried onions & jalapeños
Add something else - check our extras! 13.00

Turkish Eggs

Bed of Greek style yoghurt infused with garlic, dill & lemon, Turkish tomato sauce, Aleppo pepper butter oil with walnuts, chargrilled red peppers, samphire & two St Ewe poached eggs, served with homemade toasted sourdough
Add something else - check our extras! 11.50

The All Day Breakfast Brioche

9.75 Spiced sausage patty, bacon, chilli jam, St Ewe fried egg, & applewood cheese, served on a brioche bun, with a hash brown! Add something else - check our extras! 12.50

Eggs Benedict

12.00 Two St Ewe poached eggs & Parma ham on toasted homemade focaccia, topped with hollandaise & Parma ham crisp Add something else - check our extras! 13.00

Eggs Royale

Two St Ewe poached eggs & smoked salmon on toasted homemade focaccia, topped with hollandaise & samphire Add something else - check our extras! 13.00

Eggs Florentine

Two St Ewe poached eggs, spinach, kale & mushrooms on toasted homemade focaccia, topped with dill hollandaise Add something else - check our extras! 13.00

Korean BBQ Pulled Pork Benedict

Two St Ewe poached eggs & Korean style BBQ pork on toasted homemade focaccia, topped with Gochujang hollandaise, spring onions & fresh chillies 13.50

Add Something Extra!

2 Bacon Rashers	3.00	2 Sausages	3.00	Mushrooms	2.00
2 St Ewe Eggs	2.50	Avocado	2.75	Halloumi	3.00
Smoked Salmon	3.00	Vegan Feta	2.50	Feta	2.50

Sprout Crumpets

Two crumpets topped with bacon, St Ewe poached eggs & melted Cheshire cheddar cheese 11.00
Add something else - check our extras!

Wild Mushrooms

Creamy wild mushrooms, infused with thyme & garlic, served on homemade toasted sourdough 12.00
Add something else - check our extras!

Apple Crumble Pancakes

Cinnamon pancakes topped with mascarpone cream & a homemade apple compôte, served with butterscotch sauce & crumble topping 12.00

Nutella & Berry Compôte Pancakes

Buttermilk pancakes topped with berry compôte, fresh berries, Nutella sauce & mascarpone cream 12.00

Lunch

Served Monday - Sunday from 12pm until 3pm

Don't forget to check out our sweet counter for lots of delicious & homemade sweet treats!

Sandwiches

Chicken BLT

Roasted chicken, crispy bacon, fresh tomato & lettuce, served with homemade pesto mayonnaise, served on toasted ciabatta
Add sliced avocado 2.75 Add brie 2.50

Steak Sandwich

Toasted ciabatta roll filled with sliced steak, French onion chutney, homemade peppercorn sauce & crispy fried onions

Crispy Chilli Tuna Melt

Tuna with crispy chilli oil mayonnaise, packed with olives, capers, spring onion & sun-dried tomatoes, topped with sliced tomatoes & a combination of mozzarella & cheddar cheese, served on toasted homemade sourdough
Add jalapeños 1.50 Add sriracha sauce 1.00

Fried Chicken

Buttermilk fried chicken, crispy chilli oil aioli, gem lettuce, tomato, pickled gherkin & red onion, drizzled with hot honey, served on a toasted ciabatta bun
Add bacon 1.50 Add cheddar cheese 2.00

BBQ Pulled Pork

Our homemade BBQ pulled pork, melted applewood cheese, grilled peppers, & garlic mayonnaise, served on toasted ciabatta

Italian Fried Chicken

Pesto, burrata, fried chicken, Parma ham, tomato slices, parmesan shavings & garlic mayonnaise, drizzled with hot honey, served on toasted ciabatta

Peri Peri Pulled Chicken

Peri mayonnaise, lettuce, onion chutney, grilled halloumi, & pulled peri peri marinated chicken, served on toasted ciabatta

Bacon Jam, Brie & Mushroom Toastie

← It's back!

Homemade bacon jam, melted Brie & sliced mushrooms, served on toasted homemade sourdough 12.00

Hot Maple Aubergine

← Make this vegan!

12.00 Roasted aubergine with a spicy-sweet harissa maple glaze, with zesty garlic yoghurt, Turkish tomato sauce, feta & roasted peppers, served on homemade focaccia 11.50

Asian Oyster Mushroom

← Make this vegan!

13.75 Crispy chilli oil mayonnaise, pickled slaw, our pan-fried asian BBQ oyster mushrooms, crispy onions, sesame seasoning & fresh coriander, served on homemade focaccia 12.50

Garden Sandwich

12.00 Falafel, hummus, smashed avocado & pico de gallo, served on toasted ciabatta 11.00
Add halloumi 3.00

Salad

Chicken Caesar Salad

← Swap for fried chicken!

13.75 Homemade Caesar dressing over gem lettuce with chicken, bacon, toasted ciabatta croutons & parmesan shavings, topped with a crispy St Ewe poached egg 14.00
Add sliced avocado 2.75 Add anchovies 2.00

Thai Steak Salad

13.50 Mixed leaves with coriander, mint, basil leaves, shallots, cucumber, & pico de gallo salsa, topped with sliced rump steak & toasted sesame oil panko crumb with a Thai dressing 14.50
Add sliced avocado 2.75 Add halloumi 3.00

Hispi Cabbage Salad

← Trust us on this!

13.50 Caesar-style miso yoghurt dressing, chargrilled hispi cabbage, grilled peppers, spring onion, & sliced chillies 14.00
Add fried chicken 3.00 Add halloumi 3.00



Sprout.
KITCHEN | GARDEN

Homemade Soup

Soup of the Day

Please ask your server for today's flavour, served with a ciabatta roll 7.00

Soup & Sandwich

Please ask your server for flavours, served with your chosen sandwich 15.00
Supplement for the below sandwiches: 3.00
Steak Sandwich, Fried Chicken Sandwich, BBQ Pulled Pork Sandwich, Italian Fried Chicken Sandwich, Peri Peri Pulled Chicken Sandwich

Sides

Loaded Skin On Fries

Melted mozzarella & cheddar cheese, topped with sriracha hollandaise sauce, sprinkled with crispy fried onions, bacon crumbs, & fresh spring onions 7.00
Option without bacon crumbs available

Skin On Fries

4.00

Sweet Potato Fries

4.50

Parmesan & Truffle Fries

5.25

Halloumi Fries with Chilli Jam

7.50

Pot of Hot Honey

1.50



Allergy Advice If you have any food allergens or intolerances please speak to a member of our team. We're proud to freshly prepare our food in our kitchen every day, but as we use many ingredients, have a small kitchen & use shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact.

Don't forget to check out our sweet counter for lots of delicious & homemade sweet treats!