

# Breakfast

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



## Sourdough Toast (v)

Served with butter <sup>(v)</sup> (vegan butter available on request)  
Add a pot of jam or marmalade

## Greek Yoghurt & Granola (v)

Greek yoghurt drizzled with honey, topped with granola, kiwi, banana, fresh berries, berry compôte & chia seeds <sup>(v)</sup>

## Eggs on Sourdough Toast (v)

How do you like your eggs in the morning? <sup>(v)</sup> (fried, scrambled or poached)

## Veggie Breakfast (v)

Choice of egg (fried, scrambled or poached), halloumi, parsley mushrooms, roasted herby tomato, spinach, kale, baked beans, sliced avocado & hash browns, served with toasted sourdough <sup>(v)</sup>

## Full English

3.00 Choice of egg (fried, scrambled or poached), back bacon, traditional pork  
0.50 sausage, parsley mushrooms, roasted herby tomato, Scottish black pudding, baked beans & hash browns, served with toasted sourdough 12.00

## Vegan Breakfast (vg)

8.00 Homemade falafel cakes, parsley mushrooms, roasted herby tomato, spinach, kale, baked beans, sliced avocado & hash browns, served with toasted ciabatta & vegan butter <sup>(vg)</sup> 12.00

## Add Something Extra!

2 Bacon Rashers	3.00	2 Sausages	3.00	Choice of Eggs	2.00	Mushrooms	2.00
Black Pudding	2.00	Avocado	2.50	Baked Beans	1.50	Halloumi	2.50
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 Saturdays | served from 9am until 3pm



## Smashed Avocado (v)

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

9.50

## Eggs Benedict

Two poached eggs with parma ham on grilled ciabatta, served with homemade hollandaise  
Add something else - check our extras!

12.00

## Welsh Rarebit

Served on sourdough toast, our Welsh Rarebit is made with spring onion, topped with shredded honey roasted ham, a poached egg & chilli jam  
Add something else - check our extras!

11.00

## Eggs Royale

Two poached eggs with smoked salmon on grilled ciabatta, served with homemade hollandaise  
Add something else - check our extras!

12.00

## Sriracha Benedict

Two poached eggs & parma ham on toasted ciabatta, served with sriracha hollandaise, fried onions & sliced jalapeños  
Add something else - check our extras!

12.00

*Trust us on this!* →

## Eggs Florentine (v)

Two poached eggs with spinach, kale & mushrooms on grilled ciabatta, served with homemade hollandaise <sup>(v)</sup>  
Add something else - check our extras!

11.50

## Turkish Eggs (v)(n)

Bed of Greek style yoghurt infused with garlic, dill & lemon, Turkish tomato sauce, Aleppo pepper butter oil with walnuts, chargrilled red peppers, samphire & two poached eggs, topped with sumac, served with toasted sourdough <sup>(v)(n)</sup>  
Add something else - check our extras!

10.00

## Sprout Crumpets

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

11.00

## Add Something Extra!

2 Bacon Rashers	3.00	2 Sausages	3.00	Mushrooms	2.00
2 Poached Eggs	2.00	Avocado	2.50	Halloumi	2.50
Smoked Salmon	3.00	Vegan Feta	2.50	Feta	2.50

## Wild Mushrooms (v)

Creamy wild mushrooms, infused with thyme & garlic, served on toasted sourdough <sup>(v)</sup>  
Add something else - check our extras!

11.50

## Apple Crumble Pancakes (v)(n)

Cinnamon pancakes topped with mascarpone cream & a homemade apple compôte, served with butterscotch sauce & crumble topping <sup>(v)(n)</sup>

11.50

## Nutella & Berry Compôte Pancakes (v)(n)

Buttermilk pancakes topped with berry compôte, fresh berries, nutella sauce & mascarpone cream <sup>(v)(n)</sup>

11.50

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



(v) = Vegetarian (gf) = Gluten Free (n) = Nuts  
(vg) = Vegan

Gluten Free bread available on request

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.

# Lunch

Served Monday - Saturday from 12pm until 3pm

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



**Sprout.**  
KITCHEN | GARDEN

## Sandwiches

### Chicken BLT

Roasted chicken, crispy bacon, fresh tomato & lettuce, served with homemade pesto mayonnaise, served on toasted ciabatta

Add sliced avocado

Add brie

10.50

2.50

2.50

### Steak Sandwich

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

13.00

### Fish Finger Sandwich

Homemade tartare sauce with panko breadcrumbed fish fingers, little gem lettuce & rocket, served on toasted ciabatta

Add cheddar cheese

12.00

2.50

### Italian Tuna Melt

Tuna mayonnaise made with sun-dried tomatoes, red onion, capers, olives & dill, topped with sliced tomatoes & a combination of cheddar & mozzarella cheese, served on toasted sourdough

Add jalapeños

Add sriracha sauce

10.50

1.00

1.00

### Chicken, Stuffing, Bacon & Brie

Roasted chicken, stuffing & bacon with melted brie & cranberry, served on toasted sourdough, accompanied with a pot of gravy

11.00

### Salt Beef Sandwich

Salted beef, sauerkraut, Dijon mustard, pickled gherkins & red onion with Jarlsberg & cheddar cheese, served on toasted sourdough

13.00

### Hot Maple Aubergine (vg)

Roasted aubergine with a spicy-sweet harissa maple glaze, served on focaccia with creamy tahini & zesty Dijon mustard slaw (vg)

11.00

### Chimichurri Lamb

Roasted lamb with garlic, dill & lemon infused yoghurt, french onion chutney & rocket, topped with fresh chimichurri & crispy fried onions, served on toasted ciabatta

13.50

### Fried Chicken Sandwich

Toasted ciabatta bun with buttermilk fried chicken, crispy chilli oil aioli, gem lettuce, tomato, pickled gherkin & red onion, drizzled with hot honey

13.00

### Garden Sandwich (vg)

Falafel, hummus, smashed avocado & pico de gallo, served on toasted ciabatta (vg)

11.00

### Indian Beans On Toast

Baked beans with curried spices, red onion & jalapeños, topped with melted cheddar & mozzarella, with mango chutney & coriander, served as an open sandwich on toasted sourdough

10.50

## Salads

### Chicken Caesar Salad

Homemade caesar dressing over gem lettuce with chicken, bacon, kale, toasted ciabatta croutons & parmesan shavings, topped with a crispy poached egg

Add sliced avocado

Add anchovies

14.00

2.50

2.00

### Sprout's Greek Salad

Cucumber, tomatoes & thinly sliced red onions with olives, crumbled feta cheese & vinaigrette, served with herb-infused focaccia croutons

Vegan feta available (vg)

12.50

## 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, Fish Finger, Salt Beef, Chimichurri Lamb, Fried Chicken

## Sides

### Loaded Skin On Fries

Melted mozzarella & cheddar cheese, topped with sriracha hollandaise sauce, sprinkled with crispy fried onions, bacon crumbs, & fresh spring onions

Option without bacon crumbs available (v)

7.00

### Skin On Fries (v)

4.00

### Sweet Potato Fries (v)

4.50

### Parmesan & Truffle Fries (v)

5.25

### Garlic Focaccia (v)

5.00

### Cheesy Garlic Focaccia (v)

6.00

### Mac & Cheese (v)

7.50

### Mediterranean Hummus (vg)

Smooth creamy hummus loaded with picante olives & sundried tomatoes with pomegranate, served with focaccia

7.50



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