

# Breakfast

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

## Sourdough Toast <sup>(v)</sup>

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

## Greek Yoghurt & Granola <sup>(v)</sup>

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

## Eggs on Sourdough Toast <sup>(v)</sup>

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

## Veggie Breakfast <sup>(v)</sup>

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

## Full English

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

## Vegan Breakfast <sup>(vg)</sup>

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

## Add Something Extra!

2 Bacon Rashers	3.00	2 Sausages	3.00	Choice of Egg	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	Falafel	2.00



# Let's Brunch

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

## Smashed Avocado <sup>(v)</sup>

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

9.50

## 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

## Sriracha Benedict

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

12.00

## Turkish Eggs <sup>(v)(n)</sup>

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

10.00

## Eggs Benedict

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

12.00

## Eggs Royale

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

12.00

## Eggs Florentine <sup>(v)</sup>

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

11.50

## Sprout Crumpets

Two crumpets topped with bacon, poached eggs and melted Cheshire cheddar, garnished with chives & sumac  
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 <sup>(v)</sup>

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

11.50

## Apple Crumble Pancakes <sup>(v)</sup>

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

11.50

## Nutella & Berry Compôte Pancakes <sup>(v)</sup>

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

11.50

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



# Lunch

Served everyday 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 soft 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

10.50

1.00

### Chorizo, Manchego & Chutney

Chorizo, rocket, sun-dried tomato & garlic chutney with melted manchego, served on toasted sourdough

Add roast chicken

10.50

3.00

### Chicken, Red Pepper Pesto & Bacon <sup>(n)</sup>

Roast chicken, rocket, red pepper pesto, bacon, melted brie & french onion chutney, served on toasted sourdough <sup>(m)</sup>

11.00

### Chicken Caesar Focaccia

Focaccia sandwich with chopped caesar salad slaw, bacon & parmesan shavings, topped with panko breadcrumbed fried chicken

13.50

### Pan Con Tomato Focaccia

Toasted focaccia topped with ripe tomatoes, garlic, olive oil, & a hint of sea salt, accompanied by parma ham, parmesan shavings, fresh basil leaves, rocket & pesto mayonnaise

Add roast chicken

10.50

3.00

### Hot Maple Aubergine <sup>(vg)</sup>

Roasted aubergine with a spicy-sweet harissa maple glaze, served on focaccia with creamy tahini & zesty dijon mustard slaw <sup>(vg)</sup>

11.00

### Garden Sandwich <sup>(vg)</sup>

Falafel, hummus, smashed avocado and pico de gallo, served on toasted ciabatta <sup>(vg)</sup>

11.00

### Mediterranean Hummus <sup>(vg)</sup>

Smooth creamy hummus loaded with picante olives, sun-dried tomatoes, pomegranate seeds, crispy fried chickpeas & paprika oil, served with our homemade flatbreads <sup>(vg)</sup>

Add feta or vegan feta

10.00

2.50

## Salads

### Chicken Caesar Salad

Homemade caesar dressing over gem lettuce with chicken & bacon, 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

12.50

### Watermelon & Feta Salad <sup>(v)</sup>

Fresh watermelon with creamy feta cheese, complimented by refreshing mint leaves & fennel <sup>(m)</sup>

Add sliced avocado

Vegan feta available

12.50

2.50

## 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 Steak Sandwich, Chicken Caesar Focaccia & Fish Finger Sandwich

3.00

## 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 <sup>(m)</sup>

7.00

### Caesar Lettuce Wedge

Chargrilled wedge of lettuce drizzled with caesar dressing & pomegranate molasses, topped with crispy bacon crumbs & toasted breadcrumbs

6.00

### Caprese Salad <sup>(v)</sup>

Ripe tomatoes & creamy mozzarella, topped with ribbons of fresh basil & drizzled with a balsamic glaze <sup>(m)</sup>

8.00

### Skin On Fries

4.00

### Sweet Potato Fries

4.50

### Gordal Olives

4.00



(v) = Vegetarian (gf) = Gluten Free Gluten Free bread available on request

(vg) = Vegan (n) = Nuts

**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 and use shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact.