

ALL DAY MENU SERVED 8AM UNTIL 3PM

Eggs your way

2 Fenton farm eggs (poached or scrambled) on Cooper's
toasted sourdough £4.50

Add smoked salmon £4.00, Prosciutto £2.50, Feta £1.50, Confit
rosemary tomatoes

Chunky Avocado on toasted sourdough with confit
rosemary tomatoes (vegan) £7.50

Maple roasted granola served on creamy Greek yoghurt
and topped with seasonal fruit & honey £6.00

Vegan option available + £1.50

Slow cooked, extra creamy coconut porridge with
seasonal fruit compote (vegan) £6.00

Coopers toasted sourdough with homemade jam or
cashew cinnamon butter £4.00

Salads and Bowl food

G&G's Nourish Bowl £8.50

Mixed house pickles, roasted cauliflower, quinoa & spinach
on a bed of hummus, topped off with pomegranate seeds &
a sprinkle of G&G's spicy seed mix (vegan)

Asian-style salad bowl £11.50

Tenderstem broccoli, quinoa, sugar snap peas, edamame &
coconut shavings with a zingy lime-ginger sesame vinaigrette

Giant Couscous with roasted vegetables £11.50

With warm goat's cheese, Kalamata olives and lemon-olive
oil vinaigrette

Baked Sweet Potato £8.00

With feta, a tangy pomegranate-mint salsa and a dollop of
our sour cream, served with dressed salad leaves

Added extras

Poached egg £1.50, smoked salmon £4.00, Prosciutto ham
£2.50, feta £1.50,

Toasties

New Yorker £7.50

Salt beef in a sourdough toastie with sauerkraut, emmental,
gherkins and a mustard mayo

Italian £6.50

Creamy mozzarella, grilled courgettes, sun dried tomatoes,
tapenade and fresh basil in a sourdough toastie

Grounds & Grapes

@groundsandgrapes