

# T R O F

## BREAKFAST

SERVED UNTIL 4PM

**FULL ENGLISH BREKKIE** 8.5/ROYAL 11  
Grilled back bacon, Trof special sausage, hash brown, Heinz baked beans, fried egg, mushrooms, tomato, granary toast.

**FULL VEGGIE BREKKIE** 8.5/ROYAL 11  
Veggie sausages, hash brown, baked beans, fried egg, tomato, roast Mediterranean vegetables, mushrooms, granary toast. (V)

**FULL VEGAN BREKKIE** 8.5  
Breadcrumbs avocado, hash brown, beans, tomato, roast Mediterranean vegetables, mushrooms, granary toast. (V)

### EXTRAS:

Chorizo home fries / sausage  
griddled halloumi 2  
Veggie black pudding / streaky bacon  
bacon / avo smash 2  
Mushrooms / egg / hash brown / beans  
tomato / granary toast 1

**EGGS BENEDICT** 7  
Smoked ham hock, poached eggs, hollandaise, English muffin.

**WILD MUSHROOMS ON TOAST** 7  
Wild mushrooms, poached eggs, salsa verde, lemon, spinach, sourdough rye. (V)

**EGGS ROYALE** 8  
Smoked salmon, poached eggs, hollandaise, sourdough rye.

**AVOCADO & FETA SMASH** 7.5  
Poached eggs, lime, red chilli, coriander, toasted seeds sourdough. (V)  
Add streaky bacon / griddled halloumi 2

**CHORIZO HOME FRIES** 8.5  
Chorizo home fries, poached eggs, hollandaise, coriander, red chilli, sourdough. Add avocado 2

**FRENCH TOAST** 7  
With house made brioche loaf. Strawberries, blueberries, vanilla whipped ricotta, honey. (V)  
Banana, Maple syrup, candied pecan, Dulce de leche yogurt. (V)

## WELL TASTY

All the food we serve is made and cooked from fresh ingredients here in our kitchens.  
All meat is free range or Freedom Farmed & locally sourced where possible.  
Our sausages are hand made by Frost's butchers to our own recipe. Our bread comes direct on a bike from the Trof bakery. Our eggs are free range & laid in Cheshire.

## SMALLS / SIDES

**CRISPY SALT & PEPPA CHICKEN WINGS** 5  
**BREADCRUMBED PICKLED GREEN BEANS, AIOLI (V)** 5  
**CHILLI & LIME HALLOUMI (V)** 4.5  
**PICKLED EGGS W/ JALAPEÑO POWDER (V)** 3  
**FRIES (V)** 3  
**SWEET POTATO FRIES (V)** 3.5  
**GREEN BIBB SALAD (V)** 3  
**KALE & BARLEY SALAD (V)** 3  
**TROF BREAD ((V))** 3  
Sourdough baked fresh today in our bakery. Salted butter.

## BURGERS & SAMMICHES

**WORLD FAMOUS TROF CHEESEBURGER** 9.5  
Big & juicy, dry aged Cheshire beef, double aged cheddar, biondi lettuce, pickles, burger sauce, brioche bun, fries.

**GRIDDLED AUBERGINE & HALLOUMI BURGER** 9.5  
Marinated halloumi, aubergine, saffron mayo, spicy ketchup, biondi lettuce, focaccia bun, fries. (V)

**CHICKEN SCHNITZEL BUN** 8.5  
Chicken schnitzel, biondi lettuce, parmesan mayo, salsa verde, focaccia bun.

**BBQ BEEF BUN** 9.5  
Slow roasted shredded shin of beef, smoky BBQ sauce, crispy shallots, chipotle mayo, pickles, brioche bun.

**ASIAN SPICED PORK BUN** 9.5  
Slow roasted pork, Ginger, green onion, soy, coriander, Asian basil, Siracha mayo, spicy slaw, crackling, focaccia bun.

**PHILLY CHEESESTEAK SAMMICH** 10  
Seared minute steak, caramelised onions, melting Provolone cheese, French's mustard, hoagie.

**BURGER BLING!**  
Add smoked streaky bacon / fried egg  
avocado / BBQ beef 2  
Add pickled jalapeños / caramelized onions 50p

# T R O F

## PLATES

**SWEET POTATO FALAFEL** 9  
Houmus, green herbs, kale & barley salad, yoghurt aioli, harissa, pickles, khoubz bread. (V)

**FLAT IRON SPICED CHERMOULA CHICKEN** 9  
Coriander, saffron mayo, charred lemon.

**SLOW COOKED SHOULDER OF LAMB** 16.5  
Celeriac & thyme mash, pickled red cabbage, pancetta lamb gravy.

**STEAK FRITES** 16.5  
9oz dry aged Cheshire rump steak, beurre noisette, fries.

**BUTTERNUT SQUASH, CHICKPEA & COCONUT CURRY** 9  
Sundried apricots, pumpkin seeds, mint, coriander, yogurt, khoubz bread. (V)

Vegetarian dishes also available vegan

## SOUP & SALADS

**SOUP/ BROTH** 5  
Homemade soup, fresh bread (V)

**ROAST SQUASH & GOATS CHEESE SALAD** 9  
Roast squash, goat's cheese, peas, green beans, orange, mint, parsley, rocket, baby spinach, mixed seeds. (V)

**KALE & TOASTED BARLEY CHOPPED SALAD** 8  
Chopped kale, sundried cherries, ricotta, tomatoes, red pepper, toasted barley, basil, aioli, toasted almonds. (V)

**ADD PROTEIN TO YOUR SALAD:**  
halloumi 3 / grilled chicken 4  
panfried salmon fillet 5

## PUDDING

**STICKY TOFFEE PUDDING** 4.5  
Sticky toffee sauce, ice cream. (V)

**CRACK BROWNIE** 4.5  
More addictive than grade A narcotics. Served hot with fudge sauce. (V)

**BANOFFEE ICE CREAM SUNDAE** 5  
Banana ice cream, butterscotch sauce, fudge chunks, candied pecans. (V)

## SOFTS

**ORANGINA** 2.75  
**FENTIMANS DANDELION AND BURDOCK** 3  
**FENTIMANS ROSE LEMONADE** 3  
**STILL/SPARKLING WATER** 2  
**OLD JAMAICAN GINGER BEER** 2  
**RIO** 2  
**LILT** 2  
**JUICE** 2 / 3.5  
**COKE/DIET COKE/LEMONADE** 2 / 3.5  
**CORDIALS** 50P/1  
**RED BULL** 2.5

## SHAKES

**ICE CREAM SHAKES** 4  
Eton Mess / Oreo Cookie / Affogato  
Banana Split / Peanut Butter & Brownie.

## SMOOTHIES

**THE BERRY ONE** 4  
Mixed berries, banana, apple.

**THE TROPICAL ONE** 4  
Mango, banana, orange, pineapple.

**THE GREEN ONE** 4  
Spinach, apple, ginger, agave.

## COFFEE

Our coffee is sourced & roasted by Heart & Graft here in Manchester.

**ESPRESSO, AMERICANO, MACCHIATO** 2  
**FLAT WHITE, CAPPUCINO, LATTE** 2.5  
**MOCHA** 3  
**HOT CHOCOLATE** 3  
Marshmallows, whipped cream, choccy bits.

## SYRUPS:

Hazelnut, Caramel, Vanilla,  
Marshmallow & Butterscotch 50p

## TEAS

**ENGLISH BREAKFAST** 2  
**EARL GREY** 2  
**TEA POT** 2.5  
Chamomile / Green Tea / Marrakesh Mint  
Bombay Chai.

## SUNDAY DINNER

The best Sunday dinner in the world, ever. Weekly changing high grade Sunday gear.

All served with seasonal veg, crispy roast potatoes, Yorkshire puds, homemade sauces & a proper roast gravy.