

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.