

T R O F

brunch — until 4pm

full english breakfast 9/(royal)I4
— grilled bacon, trof sausage,
hash brown, heinz beans, fried
egg, mushrooms, slow roasted
tomato, sourdough

full veggie breakfast (v) 9/(royal)I4
— veggie sausages, avocado, hash
brown, heinz beans, fried egg,
mushrooms, slow roasted tomato,
sourdough

full vegan breakfast (ve) 9/(royal)I4
— vegan black pudding, avocado,
sweet potato & spinach hash,
heinz beans, mushrooms, slow
roasted tomato, sourdough

avocado toast (v) 7.5
— poached egg, minted goats
cheese, pickled carrot, sourdough
add streaky bacon £2

chorizo hash 8.5
— poached eggs, hollandaise,
sourdough

eggs benedict 8
— ham hock, hash brown,
hollandaise

smoked haddock kedgeriee 8.5
— poached egg, mango salsa, chilli

mushrooms on toast (v) 8.5
— wild mushrooms, sourdough,
crème fraiche, veggie parmesan,
crispy duck egg

raspberry granola pot (ve) 4.5
— house made maple granola, toasted
seeds, raspberry, yoghurt

brunch extras:

chorizo hash / trof sausage / bacon
hash brown / griddled halloumi
scrambled tofu / avocado
veggie black pudding — £2
egg / mushrooms / slow roasted tomato
heinz beans / sourdough toast — £1

***** 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
eggs are free range & laid in cheshire.

morning cocktails

espresso martini 7.5
apricot fizz 8
bloody mary 7.5

softs

canned pop: 2
— vimto / ting / dandelion &
burdock / ginger beer

firefly: 3.5
— peach & green tea / kiwi, mint
& lime / pomegranate &
elderflower

shakes

ice cream shakes 4
— oreo cookie/ 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 and roasted
by heart & graft here in manchester.

espresso, americano, macchiato 2.3
flat white, cappuccino, latte 2.8
mocha 3.3
hot chocolate 3.3

all available as decaf

syrups:

— hazelnut, caramel, vanilla — 60p

tea pots

our tea is sourced by brew tea co. 2.6

— English breakfast/early grey/
moroccan mint/green/chai

LUNCH

— from 12 'til 4pm

starters & small plates	
avocado (v)	5
— candied jalapeños, feta, toasted barley, baked tortilla chips	
cauliflower fritters (ve)	4
— chipshop curry mayo	
scotch egg	4
— hp sauce	
coronation chicken terrine	5.5
— spiced mango chutney, sourdough toasts	
buttermilk tender fried chicken	5
— sesame, chilli, coriander	

sandwiches	
rump steak	11.5
— fried pickled onion rings, green harissa mayo, ciabatta, fries	
dirty grilled cheese	8
— dijon, honey & maple glaze, fries	
fish finger	9.5
— beer battered haddock, curry mayo, caper slaw, fries	
jerk chicken	10
— jerk thigh, pineapple & mango salsa, coriander soured cream, lemon slaw, focaccia, fries	

burgers	
buttermilk fried chicken	10
— slaw, brioche, fries	
halloumi & portobello mushroom	10
— flamed red pepper, aioli, brioche, fries	
double cheese	10
— cheshire beef, yank cheese, pickles, burger sauce, lettuce, brioche, fries	
burger bling!	
add smoked bacon/ fried egg £1	
add avocado/blue cheese £2	
add pickled jalapenos 50p	

allergens —
if you require information about ingredients on this menu or regarding allergens, please speak to your server before placing your order.

plates	
fish & chips	12.5
— pea & caper slaw, malt vinegar aioli, chipshop curry mayo	
chicken & chips	12.5
— chicken gravy, burnt lemon, caper herb salsa	
katsu curry (ve)	10
— chilli & lime crispy tofu, crispy kale, basmati rice, pickled ginger and radish	
caesar salad	8
— romaine, parmesan, caesar dressing, sourdough croutons, anchovies	
add chargrilled chicken for £2.5	
quinoa salad (ve)	9
— avocado, pickled carrot, crispy kale, sunflower & pumpkin seeds, sherry vinaigrette	
add halloumi for £2	
Pulled burrata salad (v)	9
— flamed red peppers, sunflower seed pesto, basil, toasted seeds, leaves	

sides	
fries (v)	3.5
handcut chips (v)	4
truffled chips & parmesan (v)	5
malt vinegar aioli	1
& chipshop curry mayo (v)	
tossed english greens & peas (v)	4
house green salad (ve)	4

puddings	
vanilla ice cream	5
& salted caramel sauce	
apple & bramble crumble, custard	5
chocolate brownie (ve)	5
— chocolate sauce, vanilla ice cream	
sticky toffee pudding (ve)	5
— vegan sticky toffee pudding, butterscotch, vanilla ice cream	
coconut panna cotta	5
— lime zest, pineapple, toasted oat crumble	

T R O F

— dinner from 4pm

 starters & small plates

avocado (v)	5
— candied jalapeños, feta, toasted barley, baked tortilla chips	
cauliflower fritters (ve)	4
— chipshop curry mayo	
scotch egg	4
— hp sauce	
coronation chicken terrine	5.5
— spiced mango chutney, sourdough toasts	
buttermilk tender fried chicken	5
— sesame, chilli, coriander	

 burgers

buttermilk fried chicken	10
— slaw, brioche, fries	
halloumi & portobello mushroom	10
— flamed red pepper, aioli, brioche, fries	
double cheese	10
— cheshire beef, yank cheese, pickles, burger sauce, lettuce, brioche, fries	
jerk chicken	10
— jerk thigh, pineapple & mango salsa, coriander soured cream, lemon slaw, focaccia, fries	

burger bling!
 add smoked bacon/ fried egg £1
 add avocado/blue cheese £2
 add pickled jalapenos 50p

 sides

fries (v)	3.5
handcut chips (v)	4
truffled chips & parmesan (v)	5
malt vinegar aioli	1
& chipshop curry mayo (v)	
tossed english greens & peas (v)	4
house green salad (ve)	4

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 plates

beet & pumpkin wellington (ve)	11
— english greens, peas, gravy	
fish & chips	12.5
— pea & caper slaw, malt vinegar aioli, chipshop curry mayo	
chicken & chips	12.5
— chicken gravy, burnt lemon, caper herb salsa	
curried thai broth	14
— pan fried hake, coconut milk, tender stem broccoli, pak choi, lemon grass, ginger, chilli, lime	
katsu curry (ve)	13.5
— chilli & lime crispy tofu, crispy kale, basmati rice, pickled ginger and radish	
steak & chips	17
— pan seared 8oz rump, hand-cut chips, grilled flat mushroom, roasted plum tomato, dressed watercress	
add peppercorn or béarnaise sauce	£1
chermoula lamb skewer	12.5
— chargrilled lamb shoulder, apricot couscous, aioli, warm flatbread	
caesar salad	
— romaine, parmesan, caesar dressing, sourdough croutons, anchovies	9
add chargrilled chicken for	£2.5
quinoa salad (ve)	9
— avocado, pickled carrot, crispy kale, sunflower & pumpkin seeds, sherry vinaigrette	
add halloumi for	£2
Pulled burrata salad (v)	9
— flamed red peppers, sunflower seed pesto, basil, toasted seeds, leaves	

 puddings

vanilla ice cream	5
& salted caramel sauce	
apple & bramble crumble, custard	5
chocolate brownie (ve)	5
— chocolate sauce, vanilla ice cream	
sticky toffee pudding (ve)	5
— vegan sticky toffee pudding, butterscotch, vanilla ice cream	
coconut panna cotta	5
— lime zest, pineapple, toasted oat crumble	

WINE

red price I75ml/250ml/bottle

prime cuts red 4.7/6.3/18
(za) soft, easy drinking, summer berries

mucho mas merlot 5.1/6.8/20.5
(cl) juicy, soft, plum, blackberry

sixty clicks shiraz mataro 5.9/8.2/22.5
(au) cherry, chocolaty, spicy, bright

pablo y walter malbec 26.5
(au) vibrant, smooth, aromatic, cassis

rosé price I75ml/250ml/bottle

percheron grenache rose 4.7/6.3/18
(au) delicate, dry, floral, red berries

white price I75ml/250ml/bottle

prime cuts white 4.7/6.3/18
(za) bright, tangy fruits, blossom notes

tierra alta sauvignon blanc 5.2/6.8/20.5
(cl) fresh, crisp, ripe citrus fruits

conviviale pinot grigio 5.5/7.3/22
(it) apple, pear, peach with a touch of spice

sparkling price I75ml/bottle

le dolci colline prosecco (it) 7/27.5

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crispy duck egg

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mocha 3.3
hot chocolate 3.3

all available as decaf

syrups:

— hazelnut, caramel, vanilla — 60p

tea pots

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— English breakfast/early grey/
moroccan mint/green/chai

ROAST

— from 12 noon

cocktails	
blood orange g&t	8
espresso martini	7.5
spiced pear spritz	8

starters & small plates	
avocado (v)	5
— candied jalapeños, feta, toasted barley, baked tortilla chips	
cauliflower fritters (ve)	4
— chipshop curry mayo	
scotch egg	4
— hp sauce	
coronation chicken terrine	5.5
— spiced mango chutney, sourdough toasts	
buttermilk tender fried chicken	5
— sesame, chilli, coriander	

sunday roasts

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.

topside of beef	13.5
slow roasted dry-aged lancashire topside of beef, horseradish sauce	
chicken breast	13.5
roasted with garlic & thyme, cranberry sauce	
crispy pork	14
free range pork belly slow roasted, crackling, apple sauce	
lamb	16
rosemary, garlic, fresh mint sauce	
beet & pumpkin wellington	(v)13.5 (ve)12.50
nut roast (v)	13.5

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burgers	
buttermilk fried chicken	10
— slaw, brioche, fries	
halloumi & portobello mushroom	10
— flamed red pepper, aioli, brioche, fries	
double cheese	10
— cheshire beef, yank cheese, pickles, burger sauce, lettuce, brioche, fries	
burger bling!	
add smoked bacon/ fried egg £1	
add avocado/blue cheese £2	
add pickled jalapenos 50p	

plates	
curried thai broth	14
— pan fried hake, coconut milk, tender stem broccoli, pak choi, lemon grass, ginger, chilli, lime	
quinoa salad (ve)	9
— avocado, pickled carrot, crispy kale, sunflower & pumpkin seeds, sherry vinaigrette	
add halloumi for £2	

sides	
fries (v)	3.5
handcut chips (v)	4
truffled chips & parmesan (v)	5
malt vinegar aioli	1
& chipshop curry mayo (v)	
tossed english greens & peas (v)	4
house green salad (ve)	4

puddings	
vanilla ice cream	5
& salted caramel sauce	
apple & bramble crumble, custard	5
chocolate brownie (ve)	5
— chocolate sauce, vanilla ice cream	
sticky toffee pudding (ve)	5
— vegan sticky toffee pudding, butterscotch, vanilla ice cream	
coconut panna cotta	5
— lime zest, pineapple, toasted oat crumble	
