

# T R O F

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brunch — until 4pm  
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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

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\*\*\*\*\* 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.

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morning cocktails  
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espresso martini 7.5  
apricot fizz 8  
bloody mary 7.5

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softs  
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canned pop: 2.5  
— vimto / ting / dandelion &  
burdock / ginger beer

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

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shakes  
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ice cream shakes 4  
— oreo cookie/ banana split / peanut  
butter & brownie

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smoothies  
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the berry one 4  
— mixed berries, banana, apple

the tropical one 4  
— mango, banana, orange, pineapple

the green one 4  
— spinach, apple, ginger, agave

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coffee  
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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

syrops:

— hazelnut, caramel, vanilla — 60p

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tea pots  
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our tea is sourced by brew tea co. 2.6

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

# LUNCH

— from 12 'til 4pm

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## starters & small plates

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avocado (v)	5
— candied jalapeños, feta, toasted barley, baked tortilla chips	
cauliflower fritters (ve)	4
— chipshop curry mayo	
scotch egg	4
— hp sauce	
crispy fried squid	6
— chilli rice flour, lime aioli	
buttermilk tender fried chicken	5
— sesame, chilli, coriander	

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## sandwiches

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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	

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## burgers

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buttermilk fried chicken	10
— slaw, brioche, fries	
halloumi & portobello mushroom (v)	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	

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

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## plates

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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, sun-blushed tomatoes, basil, toasted seeds, leaves	

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## sides

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fries (v)	3.5
sweet potato fries (v)	4
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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## puddings

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vanilla ice cream	5
& salted caramel sauce	
apple & bramble crumble, custard	5
chocolate brownie	5
— chocolate sauce, vanilla ice cream	
sticky toffee pudding (ve)	5
— vegan sticky toffee pudding, butterscotch, vanilla ice cream	
white chocolate brûlée	5.5
— vanilla, cardamom	

# T R O F

— dinner from 4pm

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 starters & small plates  
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avocado (v)	5
— candied jalapeños, feta, toasted barley, baked tortilla chips	
cauliflower fritters (ve)	4
— chipshop curry mayo	
scotch egg	4
— hp sauce	
crispy fried squid	6
— chilli rice flour, lime aioli	
buttermilk tender fried chicken	5
— sesame, chilli, coriander	

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 burgers  
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buttermilk fried chicken	10
— slaw, brioche, fries	
halloumi & portobello mushroom (v)	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

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 sides  
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fries (v)	3.5
sweet potato fries (v)	4
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  
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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	
pan fried seabass	13
— sweetcorn puree, chorizo, new potatoes, herb oil	
katsu curry (ve)	10
— 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, sun-blushed tomatoes, basil, toasted seeds, leaves	

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 puddings  
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vanilla ice cream	5
& salted caramel sauce	
apple & bramble crumble, custard	5
chocolate brownie	5
— chocolate sauce, vanilla ice cream	
sticky toffee pudding (ve)	5
— vegan sticky toffee pudding, butterscotch, vanilla ice cream	
white chocolate brûlée	5.5
— vanilla, cardamom	

# WINE

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red price I75ml/250ml/bottle  
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el ninot de paper tinto 4.7/6.3/I8  
(sp) blackberries, plumbs, soft tannins I2.5%

mucho mas merlot 5.1/6.8/20.5  
(cl) juicy, soft, plumb, blackberry I2.5%

sixty clicks shiraz mataro 5.9/8.2/22.5  
(au) cherry, chocolaty, spicy, bright I4%

amauta absoluto malbec 27  
(ar) crunchy red berry, gentle spice, silky I4.5%

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rosé price I75ml/250ml/bottle  
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percheron grenache rosé 4.7/6.3/I8  
(au) delicate, dry, floral, red berries II.5%

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white price I75ml/250ml/bottle  
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el ninot de paper blanco 4.7/6.3/I8  
(sp) apple, ripe pear, citrus II.5%

tierra alta sauvignon blanc 5.2/6.8/20.5  
(cl) fresh, crisp, ripe citrus fruits I2.5%

terrazze della luna trentino pinot 5.5/7.3/22  
(it) stone fruit, apple, mineral I2.5%

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sparkling price I75ml/bottle  
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le dolci colline prosecco spumante brute nv 6.5/27  
(it) fresh, citrus, green apple aromas II.5%

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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  
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smoked haddock kedgerree 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

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morning cocktails  
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apricot fizz 8  
bloody mary 7.5

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softs  
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— vimto / ting / dandelion &  
burdock / ginger beer

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

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shakes  
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ice cream shakes 4  
— oreo cookie/ banana split / peanut  
butter & brownie

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smoothies  
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the berry one 4  
— mixed berries, banana, apple

the tropical one 4  
— mango, banana, orange, pineapple

the green one 4  
— spinach, apple, ginger, agave

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coffee  
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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

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tea pots  
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our tea is sourced by brew tea co. 2.6

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

# ROAST

— from 12 noon

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cocktails	
blood orange g&t	8
espresso martini	7.5
dark berry spritz	8.5

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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	
crispy fried squid	6
— chilli rice flour, lime aioli	
buttermilk tender fried chicken	5
— sesame, chilli, coriander	

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sunday roasts

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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.

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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)12.5
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	

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plates	
pan fried seabass	13
— sweetcorn puree, chorizo, new potatoes, herb oil	
quinoa salad (ve)	9
— avocado, pickled carrot, crispy kale, sunflower & pumpkin seeds, sherry vinaigrette	
add halloumi for £2	

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sides	
fries (v)	3.5
sweet potato fries (v)	4
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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puddings	
vanilla ice cream	5
& salted caramel sauce	
apple & bramble crumble, custard	5
chocolate brownie	5
— chocolate sauce, vanilla ice cream	
sticky toffee pudding (ve)	5
— vegan sticky toffee pudding, butterscotch, vanilla ice cream	
white chocolate brûlée	5.5
— vanilla, cardamom	

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