

# T R O F

welcome to trof.

please nominate one person from your table to note in the boxes how many of each item your table requires and then return to your server.  
Cheers, team trof x

sat + sun 10am 'til 4pm

## breakfast

full english breakfast 9

royal 14

- grilled bacon, trof sausage, hash brown, heinz beans, fried egg, mushrooms, slow roasted tomato, sourdough

full veggie breakfast (v) 9

royal 14

- veggie sausage, avocado, hash brown, heinz beans, fried egg, mushrooms, slow roasted tomato, sourdough

full vegan breakfast (ve) 9

royal 14

- 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

mushrooms on toast (ve) 8.5

- wild mushrooms, hollandaise, pan roasted portobello, wilted spinach, sourdough

eggs benedict 8

- smoked ham hock, hash browns, hollandaise

raspberry granola pot (ve) 4.5

- house made maple granola, toasted seeds, raspberry, yoghurt

## allergens:

if you require information about ingredients or allergens, please speak to your server before placing your order.

## morning cocktails

espresso martini 7.5

apricot fizz 8

bloody mary 7.5

## softs (please circle)

canned pop 2.5

- vimto / ting / dandelion & burdock / ginger beer

firefly 3.5

- peach & green tea / kiwi, mint & lime / pomegranate & elderflower

## coffee (please circle)

our coffee is sourced and roasted by heart & graft here in manchester.

espresso, americano, macchiato 2.3

flat white, cappuccino, latte 2.8

mocha, hot chocolate 3.5

all available as decaf

syrops: hazlenut, caramel, vanilla 60p

## tea pots (please circle)

our tea is sourced by brew tea co. 2.6

- English breakfast/earl grey/ moroccan mint/green/chai

## brunch extras (please circle):

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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## cocktails

**razzmic rhubarb** 8

Beefeater gin, Briottet rhubarb, lemon, apple, butterfly pea syrup, rosemary

**lychee blossom** 8

Beefeater gin, Briottet lychee, lemon, apple, neon syrup

**passionfruit + pineapple margarita** 8

Olmecca Blanco tequila, Briottet passionfruit, lime, pineapple, vanilla

**french martini** 8

Absolut Vanilia vodka, Briottet crème de mure, pineapple, vanilla, blackberries

**blood orange G+T** 8

Beefeater 24 gin, Cranes Blood Orange liqueur, lemon, Fever-tree light tonic, dried cranberries

## wine

### white

**el ninot de paper blanco** 4.7  6.3  18

(SP) apple, ripe pear, citrus 11.5%

**tierra alta sauvignon blanc** 5.2  6.8  20.5

(CL) fresh, crisp, ripe citrus fruit 12.5%

### red

**el ninot de paper tinto** 4.7  6.3  18

(SP) blackcurrant, cranberry, plum 12.5%

**mucho mas merlot** 5.1  6.8  20.5

(CL) juicy soft plums, blackberries 12.5%

### prosecco

**le dolci colline prosecco** 6.5  27

(IT) fresh citrus, green apple aromas 11.5%

## tap beer

**great northern lager** pint 4.4  2/3 3   
4.3% pilsner style lager

**paulaner münchen** pint 4.8  2/3 3.2   
4.9% pleasantly mild and smooth

**big wave** pint 5.6  2/3 3.9   
4.4% light bodied, high carbonation

**camden pale ale** pint 4.8  2/3 3.2   
4% bright and clean, easy drinking

**lervig house party** pint 5.4  2/3 3.6   
4% session IPA, floral, hoppy

## bottles + cans

**augustiner helles** 5.3   
5.2%

**paulaner hefe-weissbier** 4.8   
5.5%

**shindigger mango unchained** 5.5   
4.2%

**shindigger west coast pale** 5.5   
4.5%

**Schofferhofer grapefruit** 3.9   
2.5%

## softs

**coke** 2.25

**diet coke** 2.25

**lemonade** 2.25

**vimto** 2.5

**dandelion + burdock** 2.5

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lunch + dinner

mon to sat, 12pm 'til 9pm

## 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 fried chicken 5**

- sesame, chilli, coriander

## burgers

**halloumi & portobello mushroom (v) 10**

- flamed red pepper, aioli, brioche, fries

**double cheese 10**

- 7oz chuck, short rib + smoked beef fat patty, trof burger sauce, pickles, red onion, aged West Country cheddar, toasted brioche, fries

**buttermilk fried chicken 10**

- trof slaw, brioche, fries

**burger bling! (please circle)**

add smoked bacon/ fried egg £1

add avocado/blue cheese £2

add pickled jalapenos 50p

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## 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 and radish

**steak & chips 17**

- pan seared 8oz rump, hand-cut chips, grilled flat mushroom, roasted plum tomato, dressed watercress.

**+ peppercorn sauce 1**

**orange & roasted beet salad 9**

- orange, beetroot, pumpkin seed, rocket, pomegranate, endive, lime, mint, parsley

## sides

fries (v) 3.5

handcut chips (v) 4

truffled chips & parmesan (v) 5

malt vinegar aioli (v) 1

chipshop curry mayo (v) 1

sweet potato fries (v) 4

house salad (ve) 4

## puddings

**blueberry + lime cheesecake 5**

- vanilla, lime, blueberry

**chocolate brownie 5**

- chocolate sauce, vanilla ice cream

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**passionfruit + pineapple margarita** 8

Olmecca Blanco tequila, Briottet passionfruit, lime, pineapple, vanilla

**french martini** 8

Absolut Vanilia vodka, Briottet crème de mure, pineapple, vanilla, blackberries

**blood orange G+T** 8

Beefeater 24 gin, Cranes Blood Orange liqueur, lemon, Fever-tree light tonic, dried cranberries

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**shindigger west coast pale** 5.5   
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**Schofferhofer grapefruit** 3.9   
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## softs

**coke** 2.25

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sundays 12pm 'til 9pm

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cauliflower fritters (ve) 4

- chipshop curry mayo

scotch egg 4

- hp sauce

buttermilk fried chicken 5

- sesame, chilli, coriander

crispy fried squid 6

- chilli rice flour, lime aioli

## 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

roast lamb 16

rosemary, garlic, fresh mint sauce

beet & pumpkin wellington (ve) 11

served with seasonal veg, roast potatoes, carrot & swede mash, vegan gravy

## puddings

chocolate brownie (v) 5

- chocolate sauce, vanilla ice cream

blueberry & lime cheesecake (v) 5

- vanilla, blueberry compote, lime

## sunday sides

cauliflower cheese (v) 4.5

garlic & lemon broccoli (v) 4.5

braised red cabbage (ve) 3.5

fries (ve) 3.5

handcut chips (ve) 4

truffled chips & parmesan (v) 5

malt vinegar aioli (v) 1

chipshop curry mayo (v) 1

sweet potato fries (ve) 4

house salad (ve) 4

## cocktails

blood orange g&t 8

espresso martini 7.5

french martini 8

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