

# T R O F

**lunch + dinner Thurs to Sun**  
**12pm 'til 9pm**

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**starters & small plates**  
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**avocado (v) 5**

– candied jalapeños, feta, tortilla chips

**cauliflower fritters (ve) 4**

– chipshop curry mayo

**buffalo chicken wings 7**

– blue cheese sauce

**crispy fried squid 6**

– chilli rice flour, lime aioli

**buttermilk fried chicken 5**

– sesame, chilli, coriander  
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**burgers**  
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**beyond meat burger (ve) 11.5**

– vegan burger sauce, violife cheese, gherkins, toasted bun, fries

**trof cheeseburger 10**

– 7oz chuck, short rib + smoked beef fat patty, burger sauce, pickles, aged cheddar, toasted brioche, fries

**fried chicken burger 10**

– buttermilk fried chicken, trof slaw, toasted brioche, 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 (ve) 3.5

handcut chips / sweet pot fries (ve) 4

truffled chips & parmesan (v) 5

broccoli w/ blue cheese dip (v) 4

house salad (ve) 4

malt vinegar aioli (v) 50p

chipshop curry mayo (ve) 50p  
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**plates**  
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**fish & chips 12.5**

– proper mushy peas, 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, dressed watercress + **peppercorn sauce 1**

**roast squash & charred broccoli salad (ve) 9**

– quinoa, pomegranate, pumpkin seeds, avocado lime dressing + **chicken 2**  
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**puddings**  
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**sticky toffee pudding (ve) 5**

– toffee sauce, vanilla ice cream

**chocolate brownie (v) 5**

– chocolate sauce, vanilla ice cream

**vanilla ice cream (v/ve) 4**



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## brunch sat - sun

10am 'til 4pm

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### breakfast

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#### 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

#### fried chicken & waffle 8

- fried chicken, fried egg, maple syrup, jalapeno

#### 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

#### eggs royale 8.5

- scottish smoked salmon, hash browns, hollandaise

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### brunch extras:

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chorizo hash / trof sausage / bacon / hash brown / halloumi / scrambled tofu / avocado / vegan black pudding - 2  
egg / mushrooms / slow roasted tomato / Heinz beans / sourdough toast - 1

# T R O F

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### morning cocktails

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espresso martini 8  
apricot fizz 8  
bloody mary 8

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### softs

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canned pop 2.5  
- vimto / ting / dandelion & burdock / ginger beer / irn bru / dr pepper  
  
firefly 3.5  
- peach & green tea / kiwi, mint & lime / pomegranate & elderflower

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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, hot chocolate 3.5

all available as decaf  
syrups: hazelnut, caramel, vanilla 60p

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### tea pots

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builders brew / yorkshire tea 2.25

our tea is sourced by brew tea co. 2.6  
- English breakfast/earl grey/ moroccan mint/green/chai

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# T R O F

## sundays 12pm 'til 9pm

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**starters & small plates**  
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**avocado (v) 5**

– candied jalapeños, feta, tortilla chips

**cauliflower fritters (ve) 4**

– chipshop curry mayo

**buffalo chicken wings 7**

– blue cheese sauce

**buttermilk fried chicken 5**

– sesame, chilli, coriander

**crispy fried squid 6**

– chilli rice flour, lime aioli

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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.

**topside of beef 14**

slow roasted dry-aged lancashire topside of beef, horseradish sauce

**chicken breast 13.5**

roasted with garlic & thyme, cranberry sauce

**crispy pork 14.5**

free range pork belly slow roasted, crackling, apple sauce

**roast lamb 16**

rosemary, garlic, fresh mint sauce

**beet & pumpkin wellington (ve) 13.5**

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

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**sunday sides**  
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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  
sweet potato fries (ve) 4  
house salad (ve) 4  
malt vinegar aioli (v) 50p  
chipshop curry mayo (ve) 50p

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**puddings**  
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**sticky toffee pudding (ve) 5**

– toffee sauce, vanilla ice cream

**chocolate brownie (v) 5**

– chocolate sauce, vanilla ice cream

**vanilla ice cream (v/ve) 4**

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**cocktails**  
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blood orange g&t 8  
espresso martini 8  
french martini 8

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