

T R O F

lunch + dinner

starters & small plates

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

burgers

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

sides

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

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

– 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**

puddings

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

T R O F

breakfast 10am - 12pm

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

brunch 10am - 2pm

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

brunch extras

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

morning cocktails

espresso martini 8
apricot fizz 8
bloody mary 8

softs

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

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, hot chocolate 3.5

all available as decaf
syrops: hazlenut, caramel, vanilla 60p

tea pots

builders brew / yorkshire tea 2.25

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

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

T R O F

sundays 12pm 'til 9pm

starters & small plates

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

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 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

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

sweet potato fries (ve) 4

house salad (ve) 4

malt vinegar aioli (v) 50p

chipshop curry mayo (ve) 50p

puddings

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

cocktails

blood orange g&t 8

espresso martini 8

french martini 8

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

WINE

white **price 175ml/250ml/bottle**

the rambler white **4.8 6.4 19**
(SA) bright, blossoms, lemon 12%

sierra grande sauvignon blanc (ve) **5.4 7 21**
(CL) kiwi, lemon, lime 12.5%

terrazza della luna trentino pinot grigio (ve) **5.6 7.4 22**
(IT) floral, white peach, apple 12.5%

red **price 175ml/250ml/bottle**

monte oton garnacha (v) **4.8 6.4 19**
(SP) plum, cassis, berries 13.5%

peculiar mr pat merlot (ve) **5.4 7 21**
(AU) soft, plush, cherries 13.5%

pablo y walter malbec (ve) **6 8.3 24**
(AR) smooth, violets, redcurrants 14.5%

rosé **price 175ml/250ml/bottle**

cape heights cinsault rose **4.8 6.4 19**
(SA) vibrant, cranberries, grapefruit 11.5%

sparkling **price 175ml/bottle**

le dolci colline prosecco (ve) **6.5 27**
(IT) fresh citrus, green apple aromas 11.5%

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