

brunch

10am 'til 2pm

breakfast

full english breakfast 9.5 / royal 14

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

full veggie breakfast (v) 9.5 / royal 14

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

full vegan breakfast (ve) 9 / royal 14

- vegan black pudding, avocado, sweet potato & spinach hash, heinz beans, mushrooms, hash brown, slow roasted tomato, bloomer

fried chicken & waffle 8

- fried chicken, fried egg, maple syrup, jalapenos

avocado toast (v) 8

- poached eggs, crumbled feta, pines nuts, pumpkin seeds, red amaranth, sourdough
add streaky bacon +2

chorizo hash 8.5

- poached eggs, hollandaise, sourdough

mushrooms on toast (ve) 8.5

- wild mushrooms, pan roasted portobello, wilted spinach, chive oil, sourdough
add halloumi +2

eggs benedict 8

- smoked ham hock, english muffin, hollandaise
add hash brown +1

kedgeree royale 9

- curried smoked haddock, poached eggs, spinach, english muffin, hollandaise
add hash brown +1

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

T R O F

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: hazelnut, caramel, vanilla 60p

tea pots

builders brew / yorkshire tea 2.25

our tea is sourced by brew tea co. 3

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

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

T R O F

lunch + dinner

starters & small plates

avocado (v) 5

– candied jalapeños, feta, tortilla chips

mushroom empanadas (ve) 5

– avocado crema, coriander

buffalo chicken wings 7

– blue cheese sauce

crispy fried squid 6

– chilli rice flour, lime aioli

korean fried chicken 6

– bbq sauce, kimchi aioli, coriander

shredded beef croquettes 6

– mashed potato, lemon miso aioli

burgers

beyond meat burger (ve) 12

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

trof cheeseburger 11

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

fried chicken burger 11

– buttermilk fried chicken, trof slaw, toasted brioche, fries

short rib burger 12.5

– braised short rib, 7oz beef patty, white cabbage, kimchi aioli, toasted brioche, fries

burger bling!

add smoked bacon + 1

add avocado/blue cheese + 2

add pickled jalapenos + 0.5

sides

fries (ve) 3.5

handcut chips 4

truffled chips & parmesan (v) 5

miso mash potato 4

broccoli w/ blue cheese dip (v) 4

house salad (ve) 4

malt vinegar aioli (v) 0.5

chipshop curry mayo (ve) 0.5

plates

fish & chips 12.5

– proper mushy peas, malt vinegar aioli, chipshop curry mayo

add gravy + 1

bangers & mash 11.5

– kimchi sausages, miso mash potato, soy sauce gravy, spring onion

chicken & chips 13

– chicken gravy, burnt lemon, caper herb salsa

steak & chips 17

– pan seared 8oz rump, hand-cut chips, portobello mushroom, dressed watercress

add peppercorn sauce + 1

laksa broth (ve) 10.5

– rice noodles, green beans, tempe meatballs, spring onion

chicken caesar salad 11

– anchovy dressing, baby gem lettuce, toasted croutons, parmesan cheese

roast squash & broccoli salad (ve) 9

– quinoa, pomegranate, pumpkin seeds, avocado lime dressing

add chicken or halloumi + 2

puddings

sticky toffee pudding (ve) 5.5

– toffee sauce, vanilla ice cream

chocolate brownie (v) 5.5

– chocolate sauce, vanilla ice cream

trof cheesecake 6

– crumbled white chocolate cookie, raspberry coolis

vanilla ice cream (v/ve) 4

sundays 12pm 'til 9pm

starters & small plates

avocado (v) 5

– candied jalapeños, feta, tortilla chips

mushroom empanadas (ve) 5

– avocado crema, coriander

buffalo chicken wings 7

– blue cheese sauce

crispy fried squid 6

– chilli rice flour, lime aioli

korean fried chicken 6

– bbq sauce, kimchi aioli, coriander

shredded beef croquettes 6

– mashed potato, lemon miso 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 14.5

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

chicken breast 14

roasted with garlic & thyme, cranberry sauce

crispy pork 15

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

T R O F

sunday sides

cauliflower cheese (v) 4.5

garlic & lemon broccoli (v) 4

braised red cabbage (ve) 4

fries (ve) 3.5

handcut chips (ve) 4

truffled chips & parmesan (v) 5

miso mash potato 4

house salad (ve) 4

malt vinegar aioli (v) 50p

chipshop curry mayo (ve) 50p

puddings

sticky toffee pudding (ve) 5.5

– toffee sauce, vanilla ice cream

chocolate brownie (v) 5.5

– chocolate sauce, vanilla ice cream

vanilla ice cream (v/ve) 4

trof cheesecake 6

– crumbled white chocolate cookie, raspberry coolis

cocktails

blood orange g&t 8

espresso martini 8

french martini 8

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