

brunch 10am 'til 2pm

breakfast

full english breakfast 10 / royal 14

- grilled bacon, trof sausage, hash brown, heinz beans, fried egg, field mushroom, slow roasted tomato, bury black pudding, sourdough

full veggie breakfast (v) 10 / royal 14

- vegan sausage, avocado, hash brown, heinz beans, fried egg, field mushroom, slow roasted tomato, sourdough

full vegan breakfast (ve) 10 / royal 14

- vegan black pudding, avocado, tempe 'fried egg', heinz beans, field mushroom, hash brown, slow roasted tomato, sourdough

trof madame 9

- smoked streaky bacon, creamy béchamel sauce, smothered in comté cheese topped w/ a crisp fried egg

fried chicken & waffle 8.5

- fried chicken, fried egg, maple syrup, jalapeños

avocado toast (v) 8

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

chorizo hash 9

- 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 9.5

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

PROPER FOOD

brunch extras:

chorizo hash / trof sausage / bacon / hash brown / halloumi / tempe 'fried egg' / avocado / vegan black pudding - 2

egg / field mushrooms / slow roasted tomato / heinz beans / sourdough toast - 1

Liveners

espresso martini 8

apricot fizz 8

bloody mary 8

tea & coffee

espresso / americano / macchiato 2.3

flat white / cappuccino / latte 2.8

mocha / hot chocolate 3.5

syrups - 60p

- hazelnut, caramel, vanilla

loose leaf 3

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

builders brew 2.25

- yorkshire tea

our local partners

BATARD

Batard Bakehouse supply all of our baked goods. Made in Manchester using artisan techniques, heritage grains & delivered to Trof before the sun comes up.

Est. 1964
LITTLEWOODS
BUTCHERS

All of our meat is supplied by Littlewoods - a proper traditional butchers specialising in dry aged, grass fed, free range, local meat sourced from the plains of Cheshire.

lunch + dinner

starters & small plates

avocado (ve) 5

- candied jalapeños, vegan feta, tortilla chips

cauliflower cheese bahji's (v) 5

- mango & jalapeno chutney

buffalo chicken wings 7

- stilton cheese sauce

crispy fried squid 6

- chilli rice flour, lime aioli

korean fried chicken 6.5

- bbq sauce, kimchi aioli, coriander

chicano sausage roll 7

- chorizo spiced, tomato relish

charred broccoli (v) 5

- lemon zest, parmesan, toasted hazelnuts

trof double cheeseburger's

meat 14

- two 4oz smashed patties, yankie cheese, burger sauce, pickles, batard potato roll, fries

veggie 14

- two moving mountains patties, yankie cheese, burger sauce, pickles, batard potato roll, fries

vegan 14

- two moving mountains patties, vegan cheese, burger sauce, pickles, 'brioche' bun, fries

trof special burger's

fried chicken burger 13

- buttermilk fried chicken, trof slaw, tomato relish, burger sauce, pickled onion, batard potato roll, fries

el chapo burger (v) 13.5

- moving mountains patty, cheddar cheese, jalapeño salsa, guac, pickled onion, batard potato roll, fries

the denver burger (ve) 13.5

- moving mountains patty, vegan cheese, chilli jam, peanut butter, fries

burger bling!

smoked bacon - 1 / guac - 2 / pickled jalapenos - 0.5

plates

cauliflower tagine & flatbread (ve) 11

- muhammara, coriander pesto, wild rice, mint yoghurt, pickled chillies

fish & chips 14

- proper mushy peas, chipshop curry mayo
add gravy + 1

warm roasted beetroot salad (ve) 9

- dressed cannellini beans, maple pecans, vegan feta, bitterleaf

chicken caesar salad 11

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

steak & chips 17

- pan seared 8oz rump, hand-cut chips, dressed cherry tomatoes, bourbon peppercorn sauce

chicken & gravy 13

- skinny chips, caper herb salsa

bangers & mash 12

- trof sausages, proper mash, house gravy

sides

fries (ve) 3.5

handcut chips (ve) 4

truffled chips & parmesan (v) 5

proper mash (v) 4

house salad (ve) 4.5

chipshop curry mayo (ve) 0.5

puddings

sticky toffee pudding (ve) 5.5

- toffee sauce, vanilla ice cream

chocolate brownie (v) 5.5

- chocolate sauce, vanilla ice cream

batard pie of the month 6

- big custardy pies from our friends over at batard - delivered fresh - see our blackboard

ice cream coupe (v/ve) 4

- vanilla

sundays 12pm 'til 9pm

starters & small plates

avocado (ve) 5

– candied jalapeños, vegan feta, tortilla chips

cauliflower cheese bahji's (v) 5

– mango & jalapeno chutney

buffalo chicken wings 7

– stilton cheese sauce

crispy fried squid 6

– chilli rice flour, lime aioli

korean fried chicken 6.5

– bbq sauce, kimchi aioli, coriander

chicano sausage roll 7

– chorizo spiced, tomato relish

charred broccoli (ve) 5

– lemon zest, parmesan, toasted hazelnuts

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 15.5

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

chicken breast 15

– 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

spinach & ricotta filo pie (ve) 14

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

sunday sides

cauliflower cheese (v) 4.5

braised red cabbage (ve) 4

fries (ve) 3.5

handcut chips (ve) 4

truffled chips & parmesan (v) 5

proper mash (v) 4

house salad (ve) 4.5

chipshop curry mayo (ve) 0.5

puddings

sticky toffee pudding (ve) 5.5

– toffee sauce, vanilla ice cream

chocolate brownie (v) 5.5

– chocolate sauce, vanilla ice cream

batard pie of the month 6

– big custardy pies from our friends over at batard - delivered fresh - see our blackboard

ice cream coupe (v/ve) 4

– vanilla

Liveners

barrel aged old fashioned 8.5

espresso martini 8

french martini 8

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