

# T R O F

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brunch — until 4pm

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full english breakfast 9/(royal)I4  
 — grilled bacon, trof sausage,  
 hash brown, heinz beans, fried  
 egg, mushrooms, slow roasted  
 tomato, sourdough

full veggie breakfast (v) 9/(royal)I4  
 — veggie sausages, avocado, hash  
 brown, heinz beans, fried egg,  
 mushrooms, slow roasted tomato,  
 sourdough

full vegan breakfast (vegan) 9/(royal)I4  
 — 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

eggs benedict 8  
 — ham hock, hash brown,  
 hollandaise

smoked haddock kedgeriee 8.5  
 — poached egg, mango salsa, chilli

mushrooms on toast (v) 8.5  
 — wild mushrooms, sourdough,  
 crème fraiche, veggie parmesan,  
 crispy duck egg

roast peaches (v) 8  
 — greek yoghurt, pistachio  
 granola, honey, lime

brunch extras:

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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morning cocktails

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espresso martini 7.5  
 apricot fizz 8  
 bloody mary 7.9  
 mimosa 7

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shakes

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ice cream shakes 4  
 — eton mess / oreo cookie  
 affogato/ banana split / peanut  
 butter & brownie

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smoothies

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the berry one 4  
 — mixed berries, banana, apple  
 the tropical one 4  
 — mango, banana, orange, pineapple  
 the green one 4  
 — spinach, apple, ginger, agave

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coffee

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our coffee is sourced and roasted  
 by heart & graft here in manchester.  
 espresso, americano, macchiato 2.2  
 flat white, cappuccino, latte 2.7  
 mocha 3.2  
 decaf 2.2  
 hot chocolate 3.2  
 — marshmallows, whipped cream,  
 choccy bits

syrups:

— hazelnut, caramel, vanilla — 60p

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tea pots

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our tea is sourced by brew tea co.  
 english breakfast 2.5  
 earl grey 2.5  
 morroccan mint 2.5  
 green 2.5  
 chai 2.5

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\*\*\*\*\* well tasty \*\*\*\*\*

all the food we serve is made and cooked from fresh ingredients here in  
 our kitchens. all meat is free range or freedom farmed & locally sourced where  
 possible. our sausages are hand made by frost's butchers to our own recipe.  
 our eggs are free range & laid in cheshire.

# LUNCH

— from 12 'til 4pm

## small plates

avocado (v)	5
— candied jalapeños, feta, toasted barley, baked tortilla chips	
cauliflower fritters (v)	4
— chipshop curry mayo	
scotch egg	4
— hp sauce	
ham hock terrine & piccalilli	5.5
— sourdough toasts	
roasted beets & blue cheese salad (v)	5
— crispy kale, greens, walnut pesto, mint, sherry	
buttermilk tender fried chicken	5
— sesame, chilli, coriander	

## sandwiches

rump steak	II.5
— red onion chutney, béarnaise, rocket, baguette, fries	
dirty grilled cheese	8
— dijon, honey & maple glaze, fries	
fish finger	9.5
— beer battered haddock, curry mayo, caper slaw, fries	
jerk chicken	9.5
— jerk thigh, pineapple & mango salsa, coriander soured cream, lemon slaw, focaccia, fries	

## burgers

buttermilk fried chicken	9.5
— slaw, brioche, fries	
halloumi & portobello mushroom	9.5
— flamed red pepper, aioli, brioche, fries	
double cheese	9.5
— cheshire beef, yank cheese, pickles, burger sauce, lettuce, brioche, fries	

burger bling!  
add smoked bacon/ fried egg £1  
add avocado/blue cheese £2  
add pickled jalapenos 50p

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

## cocktails

shrubby malone	8
rose to evan	8.5
blackberry & basil smash	7.5
jam noble	8

## 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, pickled ginger and radish	
caesar salad	8
— romaine, parmesan, caesar dressing, sourdough croutons, anchovies	
add chargrilled chicken for £2.5	
quinoa salad (ve)	8
— avocado, pickled carrot, crispy kale, sunflower & pumpkin seeds, sherry vinaigrette	
add halloumi for £2	

## sides

fries (v)	3.5
sweet potato fries (v)	4
handcut chips (v)	4
truffled chips & parmesan (v)	5
malt vinegar aioli	1
& chipshop curry mayo (v)	
tossed english greens & peas (v)	4
house green salad (ve)	4

## puddings

vanilla ice cream	5
& hot chocolate sauce	
apple & bramble crumble, custard	5
vegan chocolate brownie (ve)	5
— chocolate sauce & vegan ice cream	
cheese plate	9
— 3 cheeses, house chutney, crackers	
white chocolate panna cotta	5
— macerated english strawberries, oat & almond crumb	

# T R O F

— dinner from 4pm

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cocktails

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shrubby malone	8
rose to evan	8.5
blackberry & basil smash	7.5
jam noble	8

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small plates

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avocado (v)	5
— candied jalapeños, feta, toasted barley, baked tortilla chips	
cauliflower fritters (v)	4
— chipshop curry mayo	
scotch egg	4
— hp sauce	
ham hock terrine & piccalilli	5.5
— sourdough toasts	
roasted beets & blue cheese salad (v)	5
— crispy kale, greens, walnut pesto, mint, sherry	
buttermilk tender fried chicken	5
— sesame, chilli, coriander	

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burgers

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buttermilk fried chicken	9.5
— slaw, brioche, fries	
halloumi & portobello mushroom	9.5
— flamed red pepper, aioli, brioche, fries	
double cheese	9.5
— cheshire beef, yank cheese, pickles, burger sauce, lettuce, brioche, fries	
jerk chicken	9.5
— jerk thigh, pineapple & mango salsa, coriander soured cream, lemon slaw, focaccia, fries	

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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 (v)	3.5
sweet potato fries (v)	4
handcut chips (v)	4
truffled chips & parmesan (v)	5
malt vinegar aioli	1
& chipshop curry mayo (v)	
tossed english greens & peas (v)	4
house green salad (ve)	4

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plates

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beet & pumpkin wellington (vegan)	11
— english greens, peas, gravy	
fish & chips	12.5
— pea & caper slaw, malt vinegar aioli, chipshop curry mayo	
chicken & chips	12.5
— chicken gravy, burnt lemon, caper herb salsa	
sea bass nicoise	12
— spinach, green bean, kalamata olives, blushed tomato, crispy hens egg	
katsu curry (ve)	10
— chilli & lime crispy tofu, crispy kale, basmati rice, pickled ginger and radish	
steak & chips	17
— pan seared 8oz rump, hand-cut chips, grilled flat mushroom, roasted plum tomato, dressed watercress	
add peppercorn or béarnaise sauce	£1
chermoula lamb skewer	11.5
— chargrilled lamb shoulder, apricot couscous, aioli, warm flatbread	
caesar salad	8
— romaine, parmesan, caesar dressing, sourdough croutons, anchovies	
add chargrilled chicken for	£2.5
quinoa salad (ve)	8
— white quinoa, avocado, pickled carrot, crispy kale, sunflower & pumpkin seeds, sherry vinaigrette	
add halloumi for	£2

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puddings

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vanilla ice cream	5
& hot chocolate sauce	
apple & bramble crumble, custard	5
vegan chocolate brownie (ve)	5
— chocolate sauce & vegan ice cream	
cheese plate	9
— 3 cheeses, house chutney, crackers	
white chocolate panna cotta	5
— macerated english strawberries, oat & almond crumb	

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# WINE

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red price I75ml/250ml/bottle  
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prime cuts red 4.2/5.8/I7.5  
(za) soft, easy drinking, summer berries

mucho mas merlot 4.6/6.3/20  
(cl) juicy, soft, plum, blackberry

sixty clicks shiraz mataro 5.4/7.7/22  
(au) cherry, chocolaty, spicy, bright

pablo y walter malbec 26  
(au) vibrant, smooth, aromatic, cassis

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rosé price I75ml/250ml/bottle  
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percheron grenache rose 4.2/5.8/I7.5  
(au) delicate, dry, floral, red berries

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white price I75ml/250ml/bottle  
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prime cuts white 4.2/5.8/I7.5  
(za) bright, tangy fruits, blossom notes

tierra alta sauvignon blanc 4.7/6.3/20  
(cl) fresh, crisp, ripe citrus fruits

conviviale pinot grigio 5/6.8/21.5  
(it) apple, pear, peach with a touch of spice

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sparkling price I75ml/bottle  
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le dolci colline prosecco (it) 6.5/27

# T R O F

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

full veggie breakfast (v) 9/(royal)I4  
— veggie sausages, avocado, hash  
brown, heinz beans, fried egg,  
mushrooms, slow roasted tomato,  
sourdough

full vegan breakfast (vegan) 9/(royal)I4  
— 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

eggs benedict 8  
— ham hock, hash brown,  
hollandaise

smoked haddock kedgerree 8.5  
— poached egg, mango salsa, chilli

mushrooms on toast (v) 8.5  
— wild mushrooms, sourdough,  
crème fraiche, veggie parmesan,  
crispy duck egg

roast peaches (v) 8  
— greek yoghurt, pistachio  
granola, honey, lime

### brunch extras:

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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## morning cocktails

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espresso martini 7.5  
apricot fizz 8  
bloody mary 7.9  
mimosa 7

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### shakes

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ice cream shakes 4  
— eton mess / oreo cookie  
affogato/ banana split / peanut  
butter & brownie

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### smoothies

---

the berry one 4  
— mixed berries, banana, apple  
the tropical one 4  
— mango, banana, orange, pineapple  
the green one 4  
— spinach, apple, ginger, agave

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### coffee

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

espresso, americano, macchiato 2.2  
flat white, cappuccino, latte 2.7  
mocha 3.2  
decaf 2.2  
hot chocolate 3.2  
— marshmallows, whipped cream,  
choccy bits

### syrups:

— hazelnut, caramel, vanilla — 60p

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### tea pots

---

our tea is sourced by brew tea co.

english breakfast 2.5  
earl grey 2.5  
morroccan mint 2.5  
green 2.5  
chai 2.5

---

\*\*\*\*\* well tasty \*\*\*\*\*

all the food we serve is made and cooked from fresh ingredients here in  
our kitchens. all meat is free range or freedom farmed & locally sourced where  
possible. our sausages are hand made by frost's butchers to our own recipe.  
our eggs are free range & laid in cheshire.



# ROAST

— from 12 noon

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cocktails	
shrubby malone	8
rose to evan	8.5
blackberry & basil smash	7.5
jam noble	8

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small plates	
avocado (v)	5
— candied jalapeños, feta, toasted barley, baked tortilla chips	
cauliflower fritters (v)	4
— chipshop curry mayo	
scotch egg	4
— hp sauce	
ham hock terrine & piccalilli	5.5
— sourdough toasts	
roasted beets & blue cheese salad (v)	5
— crispy kale, greens, walnut pesto, mint, sherry	
buttermilk tender fried chicken	5
— sesame, chilli, coriander	

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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	
lamb	16
rosemary, garlic, fresh mint sauce	
beet & pumpkin wellington (vegan)	13.5

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burgers	
buttermilk fried chicken	9.5
— slaw, brioche, fries	
halloumi & portobello mushroom	9.5
— flamed red pepper, aioli, brioche, fries	
double cheese	9.5
— cheshire beef, yank cheese, pickles, burger sauce, lettuce, brioche, fries	
burger bling!	
add smoked bacon/ fried egg £1	
add avocado/blue cheese £2	
add pickled jalapenos 50p	

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plates	
sea bass nicoise	12
— spinach, green bean, kalamata olives, crispy hens egg	
quinoa salad (ve)	8
— white quinoa, avocado, pickled carrot, crispy kale, sunflower & pumpkin seeds, sherry vinaigrette	
add halloumi for £2	

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sides	
fries (v)	3.5
sweet potato fries (v)	4
handcut chips (v)	4
truffled chips & parmesan (v)	5
malt vinegar aioli	1
& chipshop curry mayo (v)	
tossed english greens & peas (v)	4
house green salad (ve)	4

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puddings	
vanilla ice cream	5
& hot chocolate sauce	
apple & bramble crumble, custard	5
vegan chocolate brownie (ve)	5
— chocolate sauce & vegan ice cream	
cheese plate	9
— 3 cheeses, house chutney, crackers	
white chocolate panna cotta	5
— macerated english strawberries, oat & almond crumb	