

FOOD WELL SUNDAY LUNCH

SMALL PLATES

FRESH GUACAMOLE

Lime and chilli smashed avocado, mixed coloured corn tortillas. **V N GF**

5

PULLED RAS EL HANOUT LAMB

Pulled braised lamb shoulder roasted in ras el hanout, Jerusalem artichoke puree, pickled red onions, dukkah, harissa, rose and sumac yoghurt. **N GF**

9

SATAY CHICKEN SKEWERS

Chargrilled crispy chicken thigh skewers, peanut penang sauce, sour thai slaw, toasted nuts and seeds. **N**

9

WHIPPED BURRATA & FLATBREAD

Whipped buffalo burrata, slow roasted broken tomatoes, basil oil, preserved lemon, pine nuts and lemon balm. **V N**

8

MISO BLACK COD

Roast miso black cod, pickled ginger, cucumber and miso dip. **GF**

22

LARGE PLATES

SEABASS & PRAWN CURRY 18

Grilled seabass and king prawns, charred corn, thai sour noodle salad, lychee, pineapple and red coconut curry sauce. **GF**

STEAK & "CHIPS" 22

Chargrilled 6oz fillet steak, mixed mushrooms, slow roasted tomatoes, jerusalem artichoke wedges and kale chimichurri

COCONUT KATSU CURRY 15

Coconut coated chicken breast, pickled ginger vegetable salad and Katsu curry sauce.

SIDES

CHARGRILLED HISPI CABBAGE

Miso dressing, crumbled feta. **GF**

4

JERUSALEM ARTICHOKE WEDGES,

Smoked sumac salt. **VG GF**

4

HALLOUMI FRIES, GREEK YOGHURT

pomegranate, mint. **V GF**

4

SEASONAL TOGARASHI VEGETABLES **VG GF**

4

SEASONAL MIXED LEAF SALAD **VG GF**

4

BROWN MISO SUSHI RICE **VG GF**

4

BALTI HASSELBACK POTATOES **V GF**

4

Vegetarian **V** Vegan **VG** Contains nuts **N** Gluten free **GF**

PLEASE TURN ME OVER...

FOOD WELL

ROASTS

CHOOSE ONE OF OUR SUNDAY ROASTS, ALL SERVED WITH SHARING VEG

HARISSA ROAST CHICKEN

15

Pomegranate molasses, sumac and Yoghurt

ROASTED JERK BACON RIBS

15

Spiced Watermelon Salsa

TRADITIONAL ROAST SIRLOIN OF BEEF

15

With a giant Yorkshire

ROAST CAULIFLOWER SHAWARMA

15

Coconut Yoghurt, Pinenuts, Pomegranate and Rose

SHARING VEG:
ROASTIES

MIXED GREENS
ROASTED TRI COLOURED CARROTS

BEETROOT MASH
CHARGRILLED HISPI CABBAGE

DESSERTS

COCONUT BLACK RICE PUDDING

7

Sweetened vanilla black rice, coconut milk, sweet miso, exotic fruits. **V** **GF**

MANGO SET CREAM

7

Passion fruit, Greek yoghurt & mango sorbet. **V**

ICED LEMON MERINGUE PARFAIT

7

Candied fennel, liquorice caramel.

CHOCOLATE PLANNT BROWNIE

7

Peppermint & buckwheat brownie, aquafaba meringue, chocolate ice cream. **VB** **N** **GF**

STICKY PARSNIP PUDDING

7

Granny smith apple purée and sorbet, parsnip crisp. **V**

GINGER & LEMONGRASS PLANNT CHEESECAKE

7

Blood orange purée, 'honeycomb' and pineapple. **VB** **N** **GF**

BRUNCH COCKTAILS

MIMOSAS

6

ORGANIC PROSECCO MIXED WITH FRUIT JUICE

Choose from: orange, pineapple, lychee, watermelon, carrot, beetroot

GRIND ESPRESSO MARTINI

6

Grind's secret recipe

BREAKFAST MARTINI

6

Orange Marmalade, Tanqueray, Cointreau, Lemon

BLOODY MARY (BUILD YOUR OWN)

7

CREATE YOUR OWN LOADED BLOODY MARY FOR A MIX 'N' MATCH COCKTAIL EXPERIENCE THAT WILL LEAVE YOU SIPPING FOR MORE...

Pick your spirit: ketel one, tanqueray, el jimador, mezcal
Pick your juice: tomato, beetroot, carrot

Our eclectic range of spices and garnishes guarantees a fresh and flavourful mix. Go classic, or go wild, it's up to you! Not in the mood to make your own? We can make it for you, just let us know.