



gROUNDED
Café Bar

BRUNCH

EAT | DRINK | VIBE

AVAILABLE
EVERYDAY

9 - 12



EGGS & THINGS ..

is it too early to do the eggcellent pun ??

EGGS BENEDICT



10.5

Warm toasted ciabatta, 2 poached eggs, Hollandaise, Prosciutto, basil oil, pea shoots

EGGS FLORENTINE

9.5

Warm toasted ciabatta, 2 poached eggs, Hollandaise, withed spinach, basil oil, pea shoots

EGGS ROYALE

11.5

Warm toasted ciabatta, 2 poached eggs, Hollandaise, smoked salmon, basil oil, pea shoots



TURKISH EGGS

VG option

11.5

Warm toasted ciabatta, 2 poached eggs, herb potatoes, spinach, mildly spiced Shakshuka sauce, pea shoots



SMASHED AVOCADO

VG option

11

Warm toasted ciabatta, 2 poached eggs, smashed avocado basil oil, pea shoots



SALMON & EGGS



11.5

Warm toasted ciabatta, scrambled eggs, smoked salmon, basil oil, pea shoots

Our products are ethically and locally sourced as much as realistically possible. We only use lion stamped, free range eggs. Please enquire with your server for any dietary requirements.

MUST TRY

CREPES ..

For those with a sweet tooth

all at 9.5



Kids portion available upon request.

For hungry grown ups:

Add as many crepes for £1 each

BISCOFF

Salted caramel sauce & crumbled Biscoff biscuits



NUTELLA

Nutella spread, rich chocolate sauce, candied crushed hazelnuts

LEMON MERINGUE

Lemon curd, crushed meringue, Raspberry syrup, Cornish clotted cream



MERRY BERRY

Mixed berry compote, Greek yoghurt, baked granola



BLACK FOREST

Black Cherry Kirsch, rich chocolate sauce, Cornish clotted cream

GROUND FRY UPS ..

the best hangover cures in town !!

Choose from White or Malted toasted & buttered bloomer bread for your toast

Add any extras for 1.5

THE EPIC

16

Premium pork sausages, grilled back bacon, hash browns, diced herb potatoes, grilled marinated tomatoes, roasted mushrooms, black pudding, fried eggs, toasted bloomer, baked beans

HOUSE BREAKFAST

13

Premium pork sausages, grilled back bacon, hash brown, grilled marinated tomato, roasted mushroom, fried egg, toasted bloomer, baked beans

VEGAN BREAKFAST

VG

13

Veggie sausages, plant based bacon, grilled tomatoes, roasted mushroom, hash brown, herb potato & spinach, toasted bloomer, smashed avocado, baked beans



VEGETARIAN BREAKFAST

13

Veggie sausages, plant based bacon, grilled tomatoes, roasted mushroom, hash brown, fried eggs, toasted bloomer & baked beans

SMALL BREAKFAST

11

Pork sausage, bacon, grilled tomato, mushroom, hash brown, fired egg, toasted bloomer & baked beans

SMALL VEGGIE BREAKFAST

11

Veggie sausage, plant based bacon, grilled tomato, mushroom, hash brown, fired egg, toasted bloomer & baked beans

SWAPPING SUBJECT TO MANAGER'S DISCRETION



HEALTH STAMP



GROUND RECOMMENDED



VEGAN

Please let your server know about your dietary requirements before ordering.

www.groundedcafebars.com



FOLLOW OUR SOCIALS & SIGN UP
ON OUR WEBSITE TO STAY
TUNED AND BENEFIT FROM
ONGOING PROMOTIONS



THE DELI COUNTER

... a nice little treat. Ideal if you're on the go !!

Our Deli counter is a collection of fresh tantalising temptations that change frequently to keep it interesting. Ask your server for today's options and dietary information

PASTRIES

4.5

a selection of freshly baked pastries

CAKES

5.5

a selection of decadent temptations

SAVOURY SELECTION

6.5

Freshly prepared everyday .. great for people on the go !

SICILIAN CANNOLI

MUST TRY

4.5

filled with chocolate chip, ricotta & mascarpone



PERFECT FOR A MEMORABLE OFFICE TREAT

HOT BEVERAGES

CAPPUCHINO	3.85
LATTE	3.85
AMERICANO	3.5
ESPRESSO	3
ESPRESSO MACCHIATO	3
FLAT WHITE	3.85
HOT CHOCOLATE	4
MOCHA	4.5
DIRTY CHAI	5.2
BABYCHINO	2.5
KIDS HOT CHOCOLATE	3.5

OFFICE LUNCH ??

.. yes please !!

WE CAN CATER FOR A
VARIETY OF TASTES AND
DIETARY REQUIREMENTS.
ENQUIRE FOR MORE DETAILS:
HELLO@GROUNDEDCAFE.BARS.COM

ALL ORDERS MUST BE
CONFIRMED A MIN OF 48HRS IN
ADVANCE



COCKTAILS & SPRITZ

@ 7.5 EACH

MARGARITA

Tequila silver, Cointreau, lime juice

SEX ON THE BEACH

Vodka, peach schnapps, cranberry & orange juice

WOO WOO

vodka, peach schnapps, lime juice & cranberry

APEROL SPRITZ

Aperol, prosecco, soda

LIMONCELLO SPRITZ

Limoncello, prosecco, soda

HAVE YOU GOT A
GROUNDED LOYALTY CARD
YET ?

**DON'T FORGET TO CLAIM
YOUR FREE COFFEE !**

ICED TEAS

...all at 4.5

LEMON & PASSION FRUIT

SUGAR FREE PEACH

RASPBERRY



TEAS

...all at 3.5

BREAKFAST

DECAF

GREEN

MINT

HONEY &

LEMONGRASS

JASMIN

EARL GREY

BERRY & HIBISCUS



SYRUPS

...all at 1

VANILLA

CARAMEL

ALMOND

CHAI

HAZELNUT

CINNAMON

GINGERBREAD

PUMPKIN



HEALTH STAMP



GROUNDED RECOMMENDED



VEGAN



MEDIUM LEVEL HEAT

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