



MENU

EAT | DRINK | VIBE

AVAILABLE
EVERYDAY

Sun - Wed 12 - 5

Thur - Sat 12 - 9

NIBBLES & SMALL PLATES ..

Perfect to share .. or not !!

-  GARLIC & MOZZARELLA PIZZA BREAD 8
- GAMBERONI PICCANTI 11
mildly spiced peperonata s/w rustica bread
- MAC N CHEESE CROQUETTES 9
devilishly moreish .. you've been warned !!
-  HUMMUS & SPICED CHICKPEAS 8
s/w warm flatbread
- SALMON & CHEDDAR FISHCAKES 8
s/w Ranch Dressing

-  WINGS 8 | 14
6 or 12 .. CHOOSE 1 of the sauces below
KICK'n Mayo | KOREAN BBQ | HOT HONEY



LATE BRUNCH ..

Best hangover cure in town !!

available 12 - 5

-  THE GROUNDED FRYUP 13
Premium pork sausage, back bacon, grilled tomatoes, roasted portobello mushroom, hashbrown, fried eggs, toasted bloomer & baked beans
Make it EPIC 3

- VEGETARIAN BREAKFAST 13
Veggie sausage, plant based bacon, grilled tomatoes, roasted portobello mushroom, hashbrown, fried eggs, toasted bloomer & baked beans

- VEGAN BREAKFAST  13
Veggie sausage, plant based bacon, grilled tomatoes, roasted portobello mushroom, hashbrown, herb potato & spinach hash, toasted bloomer & baked beans

LUNCH BITES ..

Lighter & healthier options

available 12 - 5 Mon - Sat



All available as a Salad, Flatbread or Panini .. add skin on fries for 3

-  KICK'N CHICKEN  12
Grilled, marinated chicken thighs, roasted bell peppers & our sweet & hot kick'n sauce
-  THE GREEK COMBO  12
Roasted med veg, crumbled greek "cheese" & hot "honey"
- SALMON FISHCAKES 13
Hot smoked salmon & Cheddar fishcakes, Ranch Dressing
-  FALAFEL & HUMMUS  11
Premium red lentil & chick pea falafel, hummus, roasted peppers, herb dressing
-  SHREDDED DUCK 14
Black Cherry Hoisin, spring onions & chilli

GROUNDED BURGERS ..

All our burgers are served on a soft toasted bun, shredded lettuce, gherkins & seasoned skin on fries..

Add a beef or chicken patty for 4
Gluten Free & Vegan brioche bun available 1.5

BEEF

-  THE BIG DADDY 19
Beef patty, grilled peri peri chicken, American cheese, Monterey Jack, crispy onions, Grounded Original Sauce
- CLASSIC DOUBLE CHEESE 14
Beef patty, Double American cheese, Monterey Jack, burger relish & mustard
- GROUNDED ORIGINAL 14
Beef patty, Double American cheese, onion rings, Grounded Original Sauce
- SWEET KICK'N  14
Beef patty, Double American cheese, Fried Jalapenos, Kick'n mayo
-  CHEEEZY BLUE 15
Beef patty, Double American cheese, Monterey Jack, Blue Cheese, crispy onions, Grounded Original Sauce
- MARDIS GRAS 16
Beef patty, Double American cheese, BBQ sauce, mac n cheese, onion rings

Our West Country Beef Patties are Red Tractor quality assured,



VEGAN

- THE TREE HUGGER  14
Double Southern Fried "Chicken", vegan cheddar, crispy onions, garlic mayo

GRILLED CHICKEN

-  STRAIGHT UP CHICK 13
Grilled lemon & rosemary chicken thighs, garlic mayo,
- CLUCK'N DELICIOUS 14
Grilled peri peri chicken thighs, double American cheese, Kick'n mayo

Our skin on fries are seasoned with a zesty blend of herbs and spices.

For that little extra deliciousness:

ADD Kick'n Butter or Garlic & Rosemary .. 2

-  HEALTH STAMP
-  GROUNDED RECOMMENDED
-  VEGAN
-  MEDIUM LEVEL HEAT

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

SOUR DOUGH PIZZAS

... Stone baked !!

All our pizzas are sourdough, patiently proofed for the perfect crust that you have grown to love. The tomato sauce has been carefully blended with herbs, garlic and premium extra virgin olive oil for the best results. We then bake them on stone to guarantee a crisp finish. ENJOY !!

MARGHERITA *Vg option* 13
Garlic & herb tomato sauce, oregano & mozzarella

AMERICANA  14
Peperoni sausage, oregano, mozzarella, fresh chillies

 VEGETERIANA *Vg option* 15
Mozzarella, grilled aubergine, courgette, roasted bell peppers & oregano

ATHENIAN *Vg option* 13
Roasted bell peppers, red onion, crumbled vegan feta, vegan mozzarella, rocket and hot "honey"



Add the toppings of your choosing for 1.5 each

 LUCKY LUCA 15
Peperoni, marinated chicken, bacon bits, mushrooms, red onions, mozzarella

PARMA 14
Parma ham, fresh rocket, oregano & mozzarella

BBQ CHICKEN 13
Marinated chicken, BBQ sauce, red onions, roasted bell peppers, oregano & mozzarella

PIZZA THURSDAYS
BUY 1 GET 1 HALF PRICE
ALL DAY LONG

FULLY LOADED

... simply naughty !!



All of the options are available on
Skin on Fries or Mac n Cheese

KICK'N CHICKEN *Vg option* 13
Grilled strips of peri peri chicken thighs, jalapenos & our sweet & hot kick'n sauce 

 CHEEEZE RUSH 11
Cheese sauce, Grounded original sauce, mozzarella, blue cheese, spring onions

SHREDDED DUCK 15
Black Cherry Hoisin, spring onions & chilli

MEXICAN FEAST *Vg option* 11
Kick'n butter, jalapenos, BBQ sc crumbled Greek "cheese"

COCKTAILS & SPRITZ

2 FOR 12 EVERYDAY 12 - 7

@ PARTICIPATING SITES ONLY

MARGARITA 7.5
Tequila Gold, Cointreau, lime juice

SEX ON THE BEACH 7.5
Vodka, peach schnapps, cranberry & orange juice

WOO WOO 7.5
vodka, lime juice & cranberry

APEROL SPRITZ 7.5
Aperol, prosecco, soda

LIMONCELLO SPRITZ 7.5
Limoncello, prosecco, soda

BOTTOMLESS BRUNCH

£35 PER PERSON FRI - SUN 12 - 6

UNLIMITED
PROSECCO OR COCKTAILS &
A PIZZA OR LOADED FRIES

BOOKING REQUIRED



ALCOHOL FREE COOLERS

ELDERFLOWER INFUSION 6
Elderflower, non alcoholic gin, lime, soda

RASPBERRY CRUSH 6
Raspberry syrup, alcohol free gin, lemonade, soda top

SIDES

... because enough is not always enough !!

MAC N CHEESE 6
topped with crispy onion or blue cheese

ONION RINGS 5

HUMMUS 4

FLAT BREAD 5

CHEESE SAUCE 5

SKIN ON FRIES 5 / 6.5
regular or large

Our skin on fries are seasoned with a zesty blend of herbs and spices.

For that little extra deliciousness:

ADD Kick'n Butter or Garlic & Rosemary .. 2



SAUCES ...all at 1

Vg options available

GARLIC MAYO	RANCH DRESSING
KOREAN BBQ	GROUNDLED ORIGINAL
KICK'N MAYO	BBQ
HOT HONEY	MAYO