



gROUNDED
Café Bar

ROAST

EAT | DRINK | VIBE

AVAILABLE
EVERYDAY

12 - 5
Subject to
availability :)

THE ROASTS:

Available ONLY at Grounded Fishponds!



All of our Roasts are served with roast potatoes, roast carrots, braised red Cabbage, seasonal veg, Yorkshire pudding and gravy

DRY AGED BEEF TOPSIDE  19
Served with Horseradish

SLOW ROASTED PORK LOIN 17
Served with apple sauce

SKIN ON CHICKEN BREAST 15
Served with stuffing

MOCKEN VEGAN FILLET 15
Served with stuffing *VG option*

LITTLE ROASTS Age 12 + under

All served with roast potatoes, roast carrots, braised red cabbage, seasonal veg and a Yorkshire pudding.

All at £8.50

DRY AGED BEEF TOPSIDE 

SLOW ROASTED PORK LOIN

SKIN ON CHICKEN BREAST

MOCKEN VEGAN FILLET
VG option

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!

ROAST SIDES

Yes please!!

All at £6.00

PIGS IN BLANKETS 
Chippolata sausages wrapped up in
streaky bacon

CAULIFLOWER CHEESE 
Steamed cauliflower baked in a cheddar
cheese sauce





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

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

www.groundedcafebars.com