

GROW'S BRUNCH MENU

SATURDAY - SUNDAY 11 - 3PM

THAT GREEN LIFE' KIMCHI WITH A TRIO OF CHEESE (V) OR (VG)	8.0
Created With Our Onsite Supplier Of Kimchi "That Green Life". Fused With A Blend Of Red Leicester, Mozzarella And Medium Mature Cheddar Served With A Dressed Mixed Leaf Salad, Handmade Muhammara And Grow's Pickles	
SHAKSHUKA (V)	9.0
A North African Dish of Free Range Poached eggs in a hearty Tomato sauce with warm spices and fresh herbs, served with a Warm Fluffy Flatbread with Za'atar	
POTATO AND BLACK BEAN HASH (VG)	9.5
Crispy Seasoned Potatoes, Spiced Black Beans with Baby Spinach, Garlic Confit Cherry Tomatoes, topped with Vegan applewood, Crispy onions and smoked Paprika Salt	
ALSO AVAILABLE AS GLUTEN FREE	
GROW'S BRUNCH WRAPS	9.5
1. MERGUEZ SAUSAGE, FREE-RANGE SCRAMBLED EGG, GROW'S MUHAMMARA	
2. FREE RANGE SCRAMBLED EGG- SMOKED CHEESE, SPICED CONFIT TOMATO CHUTNEY (V)	
3. VEGAN HARISSA SAUSAGE, SEASONED POTATOES, VEGAN APPLEWOOD & GROW'S MUHAMMARA (VG)	
VEGAN MEZZE FOR TWO (VG) (ALSO AVAILABLE GF)	22.0
See below	

GROW'S EVENING MENU

WEDNESDAY - FRIDAY 5-9PM / SATURDAY 3-9PM / SUNDAY 3-8PM

GROW'S SIGNATURE HAND ROLLED FALAFELS (VG) (Also Available GF)	10.0
Grow's Signature Falafel	
FALAFEL & HALLOUMI (V) (Also Available GF)	12.5
Grows signature Falafels with the addition of Grilled Halloumi	
CHICKEN SHISH KEBAB (Also Available GF)	12.5
HG Walter free-range chicken thigh marinated With warm spices. Garlic, Lemon and herb, grilled to perfection	
VEGAN MEZZE FOR TWO (VG) (Also Available GF)	22.0
Grow's Hand rolled Falafel Balls, Marinated and Roasted sweet potato, Confit garlic hummus, Muhammara, Marinated olives, pickled Red Onion, dressed leaf salad, warm grilled flatbreads with smoked garlic sauce with Za'atar	

EXTRAS FOR ALL ABOVE: Fries 3.00 // Chicken 4.00 // Halloumi 3.50 // Grow's Falafels // 3.5

All wraps are served on a Lebanese flatbread with dressed mixed leaf salad, Confit garlic Hummus, Muhammara, Grow's pickles, Smoked Garlic sauce and Za' atar

SMALL PLATES & SIDES

DESSERTS

DIRTY HARISSA FRIES (V) OR (VG)	8.0	WARM SALTED CARAMEL BROWNIE (VG) (GF)	6.0
Our Signature Sauce, Hummus, Muhammara, Pickles, Crispy Onions, Smoked Cheese		With Vegan Vanilla Ice Cream	
WARM GRIDDLED BREAD WITH ZAA'TAR	5.0	YORVALE ICE CREAM POTS	4.0
HUMMUS AND MUHAMMARA (VG)	4.0	Double Choc Chip or Caramel Honeycomb or Vanilla or Strawberry	
HARISSA FRIES (VG)	5.0		
MARINATED OLIVES (VG)	4.0		

VG - VEGAN

V - VEGETARIAN

PLEASE INFORM US ABOUT ANY FOOD ALLERGIES WHEN PLACING AN ORDER. WHILST WE DO OUR BEST TO PREVENT CROSS CONTAMINATION. PLEASE BE AWARE THAT WE USE SESAME, CEREALS CONTAINING GLUTEN, CELERY, NUTS, MILK, EGGS, MUSTARD, SOYA AND SULPHITES IN OUR KITCHEN.

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