

STEP 1 CHOOSE YOUR MAIN

NO SIDE

SIDE x1

SIDE x2

THE GRASS

BEEF MENU

All burgers are served in a brioche bun and come with crisp iceberg lettuce, beef tomato, sliced red onion, mayo topped with pickles, and are accompanied with BBQ red slaw.

Customise your burger: Extra Bacon 75p / Vegan or Smoked Cheese: 75p / Jalapenos: 65p

THE CLASSIC

6oz beef burger

£4.70

£5.95

£6.95

THE SMOKE

6oz beef burger topped with smoked cheddar cheese

£5.50

£6.75

£7.75

THE BIG SMOKE

6oz beef burger topped with smoked cheddar cheese, smoked streaky bacon & BBQ sauce.

£6.00

£7.25

£8.25

THE ROOT

VEGETARIAN MENU

JFB

Pulled BBQ Jackfruit Burger topped with vegan cheese & vegan mayo. **VE**

£4.25

£5.50

£6.50

FAUX FISH SANDWICH

A bun loaded with Fishless fingers topped with vegan tartar sauce. **VE**

£4.50

£5.75

£6.75

THE FALAFEL & SPINACH BURGER

A falafel & spinach burger topped with lettuce, tomato, red onion & mint yoghurt. **V**

£4.25

£5.50

£6.50

THE GRAIN

CHICKEN MENU

Chicken can be served plain and/or naked.

THE NEW YORKER

Marinated BBQ chicken breast topped with melted smoked cheddar and bacon.

£5.75

£7.00

£8.00

CARIBBEAN BURGER

Chicken breast marinated in jerk spices topped with Tomato and lime salsa.

£5.75

£7.00

£8.00

STEP 2 CHOOSE YOUR SIDE

(Prices for sides on their own in brackets)

CRISPERS **VE** (£2.50)

SKIN ON FRIES **VE** (£2.50)

SOUTHERN FRIES **VE** (£2.50)

SWEET POTATO MASH. **V** (£2.50)

CORN SALAD **V** (£2.50)

Sweetcorn, red onion and peppers with mint yoghurt dressing.

PETIT SUPPER SALAD **VE** (£2.50)

Sweet Potato, pepper, edamame beans & crushed avocado

THE ALLOTMENT

All salads are dressed in balsamic oil.

THE 'CHICK' NOURISH BOWL

Chickpea marinated in Bombay spices served alongside shredded carrot, pepper edamame beans, brown rice & crushed avocado. **VE** £4.25

THE 'THAI JACKFRUIT' NOURISH BOWL

Thai infused Jackfruit, alongside Vermicelli noodles, edamame beans, sweet potato, and peppers. **VE** £4.25

THE 'GREEK' NOURISH BOWL

Feta, couscous, hummus, sweet potato, cucumber, sweet cherry tomato. **V** £4.95

THE 'FAJITA' NOURISH BOWL

Chicken strips in fajita seasoning. Sweetcorn, peppers, brown rice & crushed avocado. **H** £4.95

THE GREENHOUSE

All Crispers are topped with vegan or cheddar cheese, jalapenos and spiced mayo.

PULLED JERK JACKFRUIT LOADED

CRISPERS **VE** £3.25

HALLOUMI FRIES SERVED WITH

SWEET CHILI DIP **V** £3.75

CHILLI LOADED CRISPERS £3.95

V = Vegetarian **VE** = Vegan **H** = Halal

If you've got any allergy or dietary requirements please talk to a member of The Parade Bar & Grill team before ordering.