

BRUNCH
8AM – 2PM

Minnow

LUNCH
12PM – 2.45PM

EXPRESS BREAKFAST

Poached eggs on homemade toasted bread,
coffee & freshly squeezed orange juice
10

BRUNCH

BAKED

Toasted homemade bread served with jam & butter 3.5
Cake 3.8
Pastries 2.5

OATS & GRAINS

Yoghurt, grains & seasonal berries 6
Bircher muesli 5
Porridge & seasonal berries 6

COOKED

Smashed avocado & poached eggs on toasted homemade bread 10
Poached eggs on homemade toasted bread 7
French toast, whipped cream & seasonal berries 10
Bacon or Sausage sandwich 6
Eggs Royale 11
Eggs Benedict 10
Eggs Florentine 10

The Full Minnow: Poached eggs, sausage, bacon, Portobello mushroom, house baked beans, toasted homemade bread 12.5

The Veg Minnow: Poached eggs, Portobello mushroom, Avocado, Spinach, house baked beans, toasted homemade bread 12

SIDES

Sausages | Black pudding | Streaky bacon
Smoked salmon | Truffle chips | Smashed avocado
Portobello mushrooms | Buttered spinach
3.5
Poached egg | House baked beans
1.2

LUNCH

SNACKS

Homemade bread & butter 3
Olives 3
Cod croquettes, chive aioli 4
Crispy tortilla, pesto & coriander salsa 4
Mersey oyster 2.8 each

ANTIPASTI

Small 11 | Large 19

Charcuterie board, homemade bread, salad, pickles
Cheese board, homemade bread, salad, pickles
Charcuterie and cheese board, homemade bread, salad, pickles

STARTERS

Seasonal soup of the day 6
Grilled squid, Jerusalem artichoke, spring onion 9
Ham hock terrine, toasted bread, pickles, hazelnut butter 9

Quinoa superfood salad, avocado, pomegranate,
broccoli Small 7 | Large 12
Kale Caesar salad Small 7 | Large 10
~ Add grilled organic chicken ... 4 ~
Moules Marinière Small 8 | Large 14

MAINS

Grilled plaice & caper butter 16
Gnocchi, stilton, pear & walnuts 14
Steak Sandwich, house bread, watercress, horseradish mayo ... 10
Aubergine Parmigiana 12
Braised ox cheek stew 15

VEG

Truffle chips 3.5
Creamed spinach 5
Honey roasted squash 4
Winter greens & chorizo 5
Paprika cauliflower 4
Red cabbage 4

DESSERTS

Affogato 5
Chocolate brownie ganache, house ice cream 8
Sticky toffee pudding, homemade ice cream 8
Apple & blackberry crumble, homemade ice cream 8
House ice cream per scoop 2.4
Guest cheeses with homemade bread & pickles 9

COFFEE

Espresso 2
Macchiato 2.2
Flat White 2.5
Latte 2.6
Oat turmeric Latte 4.2
Cappuccino 2.7
Americano 2.4
Mocha 3
Chai Latte 3
Oat Matcha Latte ... 4.2
Iced Coffee 3

TEA

Fresh Mint 2.5
English Breakfast 2.5
Sapphire Earl Grey .. 2.5
Dragon Well Green . 2.5
Egyptian Mint 2.5
Citrus Camomille 2.5
Spiced Chai 2.5
Spiced Rooibos 2.5
HOT CHOCOLATE
White hot chocolate 3.5
Milk hot chocolate .. 3.5

FRESHLY PRESSED JUICES

Orange or apple juice
4
Apple, Carrot, Ginger
Orange, Carrot, Ginger
Spinach, Cucumber,
Apple
4.7

SOFT

Coca-Cola 3
Diet Cola 3
Lemonade 3
Fever Tree Tonic Water 3
Fever Tree Soda Water 3
Fever Ginger Ale 3
Fentimans
Ginger Beer 3.5
No.1 Rosemary Water 3.5

BEERS

DRAUGHT
Lager & pale ale
of the month
4.5
BOTTLE
Cidre Breton 5%
The Kernel Table Beer
The Kernel Pale Ale
5.5

MILK Soya, Almond, Oat 0.40p | **SYRUP** Vanilla, Hazelnut 0.40p | **DECAF** 0.40p

Should you have any food allergies or special dietary requirements please inform your waiter.

Please note that nuts are used in our kitchen. An optional 12.5% service charge will be added to your bill.