



To Start You off

Olives (v) (ve)	£3.50
Hummus and pitta bread	£3.95
Whitebait salted with garlic mayo	£4.50

To share

Vegan platter	
vegan ham, hummus, pitta bread, olives, crostini, pickles, smoked red pepper, roasted cauliflower with rocket and sun dried tomato salad	£9.95

Meat deli platter

Selection of meats with hummus, pitta bread, olives, crostini, pickles with flavoured butter, garlic mayonnaise, smoked red peppers and rocket salad	£10.95
--	--------

Frito misto	for 1 £7.95 or to share £12.95
Fresh Seafood selection made in our homemade crispy batter including whitebait, squid rings, king prawns served with garlic mayonnaise, lime vinaigrette, scorched lemon and a selection of pickles	
Make it salt and pepper	£1

Camembert for 2	£12.95
Melting Camembert for 2 with baked bread, red onion marmalade, rocket and flavoured butter	

Nachos	£4.95
Tortilla chips topped with melting cheese, sour cream and salsa with roasted peppers and jalapeños	
Add grilled chicken, spiced chicken, bbq ham hock or 3 cheese and chilli (v)	£3.50

Pan fried chorizo with honey	£5.95
Traditional Spanish chorizo sliced and pan fried in honey	

Seafood pate	£5.95
Smooth Smoked mackerel and creme fraiche pate with chunky prawns, charred lime, a side of pickles, crispy bread and garlic butter	

Cheeseburger scotch egg	£5.95
Seasoned steak mince in a brioche crumb with a egg with a choice of filling bbq, chilli or ketchup	

Baked cheeseburger stuffed mushrooms	£5.95
Prime seasoned steak mince stuffed mushrooms and baked topped with melting mozzarella with a choice of sauces	

Sautéed Mushrooms	£4.95
Salt and pepper(vg)/curried (vg)/classic garlic butter style Sautéed mushrooms tossed in a style of your choice served with pickled red onion and fresh herbs on toasted bread	

Mexican croquettes	£5.95
Homemade Slow cooked ham hock with melting cheese and jalapeño croquettes with our infamous apple and chilli jam and sour cream	

Cauliflower wings (vegan)

Twice cooked local cauliflower in a flavour of your choice Bbq/salt and pepper/hot chilli sauce/5 spice and sarachi /peri peri	5 £4.95	10 £7.95
--	---------	----------

Chicken wings

Twice cooked chicken wings in a flavour of your choice Salt and pepper/ hot chilli sauce/bbq/peri peri /5 spice and sarachi	5 £5.95	10 £8.95
---	---------	----------

Moroccan lamb spring roll

Homemade Lightly spiced lamb mince with sweet potato and spinach in a crispy roll, mango yoghurt served with cucumber and pomegranate salsa	£5.95
---	-------

Sui mai	
Char Sui	
Plain with choice of dips	
Bbq with mozzarella	
Fire mai tossed in hot sauce and flakes with a spicy dip	
Salt and pepper	
5 £4.95 12 £10.95 24 £20.50	

Shanghai style broccoli

and chickpea spring roll (vegan)	£4.95
A taste of the orient with traditional Shanghai style wok fried broccoli with carrots, coriander and chickpeas, traditional aromatic spices in a crispy roll with a sweet and sour vinegar dip	

Sticky vegan sausages (vegan)	£4.95
Pan fried vegan sausage pieces with fried onion and mixed peppers in a sticky sweet chilli sauce	

Smokey harrisa lamb	£5.95
Fresh lamb mince hand rolled koftas in a smokey harrisa sauce and a homemade apricot pickle	
Add halloumi	£1.50

Gambas al ajillo	£6.95
Classic Spanish tapas found in every tapas bar in Spain, prawns baked in the terracotta bowl with butter, garlic oil and smoked paprika finished off with fresh herbs	

Oriental salad (vegan)	£4.95
Mandarin and pak Choi with wok fried Singapore style udon noodle, sesame seeds with fresh chilli, coriander finished with sesame oil	
Add grilled chicken, char Sui sticky ham or crispy squid	£3.50

Rise and grind chicken

Our famous homemade secret recipe fried All - American - Chicken... how would you like it ?	
On its own with salad and garlic mayonnaise	
2 pieces 2.95	4 pieces £4.95
Bbq and cheese with bacon (new Yorker)	
2 pieces £3.95	4 pieces £5.95
Drizzled in garlic and herb butter and bacon pieces - Kiev style	
2 pieces £3.95	4 pieces £5.95

Sides

Homemade wedges with sour cream and sweet chilli (v)	£2.95
Dirty wedges topped with cheese, bacon and garlic butter	£4.95
Seasoned fries or smoked rosemary fries (vg)	£2.95

Not all ingredients are listed, so please inform your server about any allergies you have. All our dishes are made fresh from our kitchen by professional chefs to order. We send each dish when it is ready, any issues please speak to a member of staff.

From Michelle and her team we hope that you enjoy your experience at Rise and Grind and remember to recommend us to a friend, tag us on Instagram or facebook and spread the love x

RISE & GRIND

 0151 378 1295

  @riseandgrindnw