



## TAPAS

£7 each or all 5 for £30

- Cauliflower Popcorn GF**
- Falafel & Houmous GF**
- Garlic & Rosemary Smashed Potatoes GF**
- Cashew Burrata & Pesto GFO**
- Olives & Sundried Tomatoes GF**



## FRIES

- Plain GF £4.25**
- Sweet Potato GF £4.95**
- Cheezy GF £4.95**
- Satay GF £6**  
Crispy Fries, Satay Sauce, Pickled Cabbage
- Chilli GF £6.5**  
Crispy Fries, Bean Chilli, Melted Cheeze
- Healthy GF £8**  
Crispy Fries, Houmous, Smashed Avo, Spiced Black Beans



## SMALL PLATES

£8.50 each or 2 for £16

- Carrot Smoked S\*Imon GFO**  
Toasted Bread, Cream Cheeze, Salad, Ellie's Sauce
- Deep-Fried Shamembert GFO**  
Toasted Bread, Salad, Cranberry Sauce
- Loaded Nachos GF**  
Tortilla Chips, Bean Chilli, Cheeze, Jalapeños, Guac, Salsa
- Tomato Gnocchi**  
Homemade Smoky Tomato & Garlic Sauce  
*We recommend adding our Cashew Burrata to this dish!*

## EXTRAS

Burrata GF 5.50 | Cheeze GF 1.95 | Shamembert GF 3.95 | Hashbrowns GF 2.95 | Avocado GF 2.95 | Falafel GF 3.95 | Houmous GF 1.95 | S\*usages GFO 2.95 | B\*con GFO 2.95 | Ch\*cken 2.95 | Baked beans GF 1.95 | Peas GF 1.95 | Sweet Potato GF 2.95 | Black Beans GF 2.95 | Cauliflower Cheeze GF 3.95 | Garlic Mushrooms GF 3.95 | Tenderstem Broccoli GF 3.95 | St\*ak 4.95

# Dining at THE GOOD GRUB

At The Good Grub, our goal is to make delicious vegan food that you enjoy! We understand that everyone has different preferences, and sometimes our tummies can be sensitive to certain things. That's why we want you to customise your meal however you'd like! Feel free to substitute, add extras, request no bun with your burger etc!

## BOWLS

*Bowls served with rice can be upgraded from white rice to spiced brown rice for £1!*

- Falafel GF £13**  
Salad, Smashed Avo, Houmous, Sweet Potato, Black Beans, Crispy Falafel
- Burrito GFO £14**  
Rice, Black Beans, Ch\*cken, Salsa, Guac, Roasted Peppers
- Satay GFO £14**  
Rice, Ch\*cken, Sweet Potato, Carrot, Crispy Broccoli, Satay
- Sushi GFO £16**  
Rice, Nori, Cucumber Ribbons, Smashed Avo, Sweet Chilli, S\*Imon Fillet

## LARGE PLATES

- Mac 'n' Cheeze GFO £12**  
Served with Salad
- Soft Tacos GFO £13.5**  
Tortillas, Roasted Sweet Potato, Spiced Black Beans, Smashed Avocado, Pickled Cabbage, Salad, Basil Mayo
- F\*shcakes £14.25**  
Pea & S\*Imon F\*shcakes, Salad, Crispy Broccoli, Dill & Cashew Sauce
- Gyros £15**  
Seitan Strips, Flatbread, Houmous, Salad, Pickled Cabbage, Tzatziki
- B\*ef Bourguignon £15.25**  
Herby Mash, Carrots, Peas, Mushrooms & B\*ef with Red Wine
- S\*usage & Mash GFO £16**  
S\*usages, Skin on Mash, Carrots, Peas, Broccoli, Gravy
- F\*sh & Chips GF £17**  
Battered Banana Blossom, Fries, Peas, Tartare Sauce, Fresh Lemon
- Ste\*k & Chips £17**  
Seitan Ste\*k, Fries, Peas, Tenderstem Broccoli, Garlic Mushrooms, Truffle Mayo, Peppercorn Sauce  
*Upgrade to Sweet Potato Fries for £1!*
- Roast GFO £18**  
Seitan T\*rkey **OR** Nut Roast, Cauliflower Cheeze, Stuffing Balls, Red Cabbage & Apple, Carrots, Parsnips, Peas, Sprouts, Broccoli, Roast Potatoes, Gravy

## BREAKFAST

*Served all day!*

- Shrooms on Toast GFO £8.5**  
Garlic Mushrooms & Houmous
- Avocado Toast GFO £9**  
Smashed Avo, Houmous & Salad
- Breakfast Toastie GFO £10**  
Cheeze, B\*con, S\*usages, Hashbrowns, Beans
- Breakfast Bowl GF £13.95**  
Tofu Scramble, Smashed Avo, Fried Tomatoes, Crispy Broccoli, Potatoes, Garlic Mushrooms
- Fry Up GFO £14.5**  
Tofu Scramble, Beans, Hashbrowns, S\*usages, B\*con, Tomato, Garlic Mushrooms, Toast  
*We recommend adding Avocado!*



## CURRIES

*All curries are served with white rice, upgrade to spiced brown rice for £1!*

- Red Lentil Dahl GF £13**
- Vegetable Thai Green GF £14**
- Mango, Sweet Potato & Chickpea Tikka GF £14**  
*We recommend adding ch\*cken to your curry!*
- Fried Flatbread GFO £4.5**



## BURGERS

*All burgers are served with Plain Fries, upgrade to Sweet Potato Fries for 50p!*

- Plain Jane £13**  
B\*ef Patty, Mayo, Lettuce, Tomato, Melted Cheeze
- Green Goddess £14**  
B\*ef Patty, Salad, Smashed Avo, Pesto, Melted Shamembert
- Bad Boy £15**  
B\*ef Patty, Salad, Cranberry Sauce, B\*con, Stuffing, Melted Shamembert



*Please note there is a discretionary 12.5% service charge added to all food bills*

# Allergen Information

## TAPAS

**Cauliflower Popcorn**  
Soy  
Can be made Soy-Free

**Falafel & Houmous**  
Sesame, Sulphites  
May contain Celery,  
Mustard and Soy

**Garlic & Rosemary  
Smashed Potatoes**  
Allergen-Free

**Cashew Burrata &  
Pesto**  
Nuts, Soy, Sulphites

**Olives & Sundried  
Tomatoes**  
Allergen-Free

## FRIES

**Plain**  
Allergen-Free

**Sweet Potato**  
Allergen-Free

**Cheezy**  
Allergen-Free

**Satay**  
Peanuts, Soy, Sulphites

**Chilli**  
Soy

**Healthy**  
Sesame, Soy, Sulphites

## SMALL PLATES

**Carrot Smoked S\*Imon**  
Wheat, Soy, Sulphites  
GF Option Available

**Deep-Fried Shamembert**  
Wheat, Soy  
GF Option Available

**Loaded Nachos**  
Soy, Sulphites  
Can be made  
Sulphite-Free

**Tomato Gnocchi**  
Wheat

## BOWLS

**Falafel**  
Sesame, Sulphites  
May contain Celery,  
Mustard, Soy & Sesame

**Burrito**  
Wheat, Soy, Sulphites  
GF Option Available

**Satay**  
Peanuts, Wheat, Soy,  
Sulphites  
GF Option Available

**Sushi**  
Soy, Wheat, Sulphites  
Can be made GF using  
Smoked S\*Imon instead

## LARGE PLATES

**Mac 'n' Cheeze**  
Mustard, Soy, Sulphites

**Soft Tacos**  
Soy, Sulphites, Nuts  
Can be made  
Sulphite-Free and  
Nut-Free

**F\*sh Cakes**  
Wheat, Soy, Nuts,  
Sulphites  
Can be made Nut Free

**Gyros**  
Wheat, Soy, Sulphites,  
Sesame  
Can be made Sulphite-Free

**B\*ef Bourginon**  
Wheat, Soy, Mustard,  
Sulphites

**S\*usage & Mash**  
Soy, Wheat, Mustard,  
Sulphites  
GF Option Available

**F\*sh & Chips**  
Soy, Sulphites  
Can be made Soy Free

**Ste\*k & Chips**  
Soy, Mustard, Wheat

**Nut Roast**  
Soy, Nuts, Celery

**T\*rkey Roast**  
Soy, Wheat

## BREAKFAST

**Shrooms on Toast**  
Wheat, Sesame, Sulphites  
GF Option Available

**Avocado Toast**  
Wheat, Sesame, Sulphites  
GF Option Available

**Breakfast Toastie**  
Wheat, Soy  
GF Option Available

**Breakfast Bowl**  
Soy, Sulphites

**Fry Up**  
Wheat, Soy  
GF Option Available

## BURGERS

**Plain Jane**  
Soy, Wheat  
May contain Sesame

**Green Goddess**  
Soy, Wheat, Nuts,  
Sulphites  
May contain Sesame

**Bad Boy**  
Wheat, Soy  
May contain Sesame

## CURRIES

**Red Lentil Dahl**  
Soy

**Vegetable Thai Green**  
Allergen-Free

**Mango, Sweet Potato &  
Chickpea Tikka**  
Mustard

**Fried Flatbread**  
Wheat  
GF Option Available

## TOASTIES

**S\*usage, Cheeze &  
Chutney**  
Soy, Wheat  
GF Option Available

**Pesto, Cheeze & Tomato**  
Wheat, Nuts, Sulphites  
GF Option Available

**Br\*e, B\*con & Cranberry**  
Wheat, Soy  
GF Option Available

**St\*ak, Cheeze & Truffle Mayo**  
Wheat, Soy, Mustard

**BLAT**  
Wheat, Soy  
GF Option Available

## DESSERTS

**Banoffee Pie**  
Wheat  
May Contain Nuts  
GF Option Available

**Strawberry Trifle**  
Wheat  
May Contain Nuts  
GF Option Available

**Vanilla Cheezecake**  
Allergen-Free

**Caramel & Chocolate Torte**  
Soy

**Chocolate Fudge Cake**  
Wheat

## EXTRAS

**Burrata**  
Nuts, Soy, Sulphites  
Cheeze  
Allergen-Free

**Shamembert**  
Soy

**Hashbrowns**  
Allergen-Free

**Avocado**  
Sulphites

**Falafel**  
May Contain Celery,  
Mustard, Soy & Sesame

**Houmous**  
Sesame, Sulphites

**S\*usages**  
Soy, Wheat  
GF S\*usages are  
Allergen-Free

**B\*con**  
Wheat, Soy  
GF B\*con contains Soy

**Baked Beans**  
Allergen-Free

**Peas**  
Allergen-Free

**Sweet Potato**  
Allergen-Free

**Black Beans**  
Soy

**Cauliflower Cheeze**  
Soy, Mustard

**Garlic Mushrooms**  
Allergen-Free

**Tenderstem Broccoli**  
Allergen-Free

**Ste\*k**  
Wheat, Soy, Mustard

**Ch\*cken**  
Soy, Wheat

GF Ch\*cken contains Soy

## TOASTIES

Served with salad, or upgrade to fries for £1!

**S\*usage, Cheeze & Chutney GFO £8**

**Br\*e, B\*con & Cranberry GFO £8.5**

**Pesto, Cheeze & Tomato GFO £8.5**

**Ste\*k, Cheeze & Truffle Mayo £9**

**B\*con, Lettuce, Avocado & Tomato GFO £9**

## BUILD YOUR OWN!

Choose anything from our Extras section to go in your toastie! You can guarantee we'll be testing out your combinations in the kitchen!

## DESSERTS

**Banoffee Pie GFO £6**

**Strawberry Trifle GFO £6**

**Vanilla Cheezecake GF £6**  
Served with Squirty Cream

**Caramel & Chocolate Torte GF £7**  
Served with Ice Cream

**Chocolate Fudge Cake £7**  
Served with Ice Cream

## FOR YOUR POOCH!

**Puppaccino £2.5**

**Peas & S\*usages £3**

**Rice, Peas, S\*usages & Oats £4.5**



Please note The Good Grub is a 100% vegan restaurant so we do not carry any ingredients containing dairy, eggs, fish or meat.

We also have a small kitchen with one chef so please be patient with us and expect food to come out at slightly different times.

Although we try our hardest, due to the size of our kitchen, we cannot guarantee no cross-contamination with allergens.

Thank you for your understanding!