

DAY MENU served until 4pm

gROUned CAFÉ BAR

Grounded Café Bar has embedded itself into the heart of the local community. Serving a traditional brunch with the chef's personal touch. We now offer a dinner menu comprised of freshly baked Napolitana pizza to 28 day aged beef patties for our burgers, inspired by a core range of local ingredients & quality international produce, supporting local companies around our Café Bars.

BREAKFASTS

EPIC BREAKFAST Two eggs, grilled bacon, sausages, grilled tomatoes, mushrooms, baked beans, two slices of bloomer toast & butter, hash browns, black pudding & fried potatoes.	11.95	VEGGIE BREAKFAST v/gfa Fried egg, mushrooms, veggie sausages, grilled tomato, kale, baked beans, sautéed potatoes, hash brown, bloomer toast & butter.	9.50
GROUNDING FULL Grilled bacon, sausages, fried egg, baked beans, grilled tomato, mushrooms, hash brown, bloomer toast & butter.	9.50	VEGAN BREAKFAST v/g/gfa Vegan sausages, kale, bubble & squeak, grilled tomato, mushrooms, smashed avocado, baked beans, bloomer toast & vegan spread.	9.50

MORNING GLORY: FREE tea or americano with any full breakfast every Monday to Friday until midday.

BRUNCH

SPINACH & FETA SHAKSHUKA v/gfa Two poached eggs in a lightly spiced Mediterranean tomato sauce with spinach & feta, served with toasted sourdough.	8.25	B.L.T. Bacon, lettuce & tomato. Served on sourdough.	4.75
AVOCADO BRUNCH v/gfa ...with lime, chilli & cherry tomatoes on toasted sourdough bread, topped with a poached egg.	7.75	SAUSAGE SANDWICH Locally made sausage with caramelised red onion marmalade. Served on sourdough.	4.75
AMERICAN PANCAKES Stacked & topped with streaky bacon & classic maple syrup.	7.70	POACHED EGGS MUFFIN gfa Served on a toasted muffin with hollandaise sauce.	
TEACAKE Giant toasted fruity teacake with butter. Jam or marmalade.	3.95	BACON or CHORIZO	7.25
TOAST v/gfa Two slices of toast with butter. Jam or marmalade.	2.95	SMOKED SALMON	8.00
FRENCH TOAST v Thick sliced fried brioche topped with syrup, strawberries & banana.	7.50	MUSHROOM or SPINACH v	6.50
		ROASTED PORK HASH Shredded pork, potato, cabbage & red onion, topped with a fried egg & a red wine reduction. An early morning classic.	7.95
		BUBBLE & SQUEAK gfa A traditional potato based cake topped with a poached egg, grilled streaky bacon & marinated vegetables with fresh tomato salsa.	8.75

ADD EXTRA

EGG	1.50	TOMATO	1.50	BACON	2.00	HASH BROWN	2.00
BLACK PUDDING	1.50	MUSHROOMS	1.50	SAUSAGE	2.00	SMASHED AVOCADO	2.00

SANDWICHES

All our sandwiches are served in our authentic sourdough bread.

FISH FINGER SANDWICH ...with lettuce, tomato & tartar sauce.	7.50	PANINI All our paninis are served with a side salad.	7.50
	Add chips 1.25		Add chips 1.25
GROUNDING CLUB SANDWICH Our take on the famous club; bacon, lettuce, tomato, chicken & mayo in triple stacked sandwich.	8.50	BBQ chicken & smoked cheese. Avocado, cheese, jalapeños & spinach. v Halloumi, red pepper & basil pesto. v Italian salami, mozzarella & tomato salsa.	
	Add chips 1.25		

IMPORTANT STUFF

Before ordering please inform a member of staff if you have any dietary requirements or allergies. All our food is cooked fresh in our kitchens that use ingredients to which some people may be allergic. Vegan cheese and gluten free bread available for substitution on request.

V/Vegetarian VG/Vegan GF/Gluten Free GFA/Gluten Free Available N/Nuts or Nut Oil

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gROUnDeD CAFÉ BAR

SALADS

CHICKEN, BACON & AVOCADO SALAD 10.25
Grilled chicken & bacon with fresh mixed salad, avocado, cherry tomatoes, cucumber & house dressing.

CLASSIC VEGGIE SALAD vg 8.50
Grilled crunchy courgette & aubergine, roasted peppers, friarielli, sun dried tomatoes & olives, tossed in a mixed leaf salad with a pesto dressing.
Add halloumi 2.00

BURGERS

All our burgers are served with skin on fries & coleslaw. Add £1.50 for dirty fries.

THE GOOD gfa 9.95
7oz beef patty with beef tomato, gem lettuce, pickles and our signature burger sauce.

THE BAD gfa 11.95
7oz beef patty, smoked bacon, Emmental cheese, red onions, beef tomato, gem lettuce, pickles & signature burger sauce.

THE UGLY 14.95
7oz beef patty, sausages, bacon, fried egg, Emmental cheese, red onions, beef tomatoes, pickles, jalapeños, lettuce & signature burger sauce.

CHICKEN BURGER 11.95
Marinated chicken breast, smoked bacon, Emmental cheese, gem lettuce, pickles, beef tomato, lashed with special burger sauce.

THE PLANT BURGER vg 11.75
Plant based burger patty with vegan cheese, gem lettuce, beef tomato, spiced chilli chutney & pickles.

PULLED PORK BURGER gfa 11.50
Our signature BBQ pulled pork, house coleslaw with gem lettuce, beef tomato & dill pickles.

Our burgers are 100% meat! No egg, no fillers & no breadcrumbs.

Made from the perfect blend of chuck steak, neck, shin & brisket. All aged to between 21 and 28 days, before being freshly ground by our butcher at Manor Farm. More info on them below!

SIDES

Skin On Fries	2.50	Sweet Potato Fries	2.95	Mixed Leaf Salad vg	2.95	Rocket & Parmesan Salad v	3.25
Add cheese 75p		Dirty Fries	2.95				

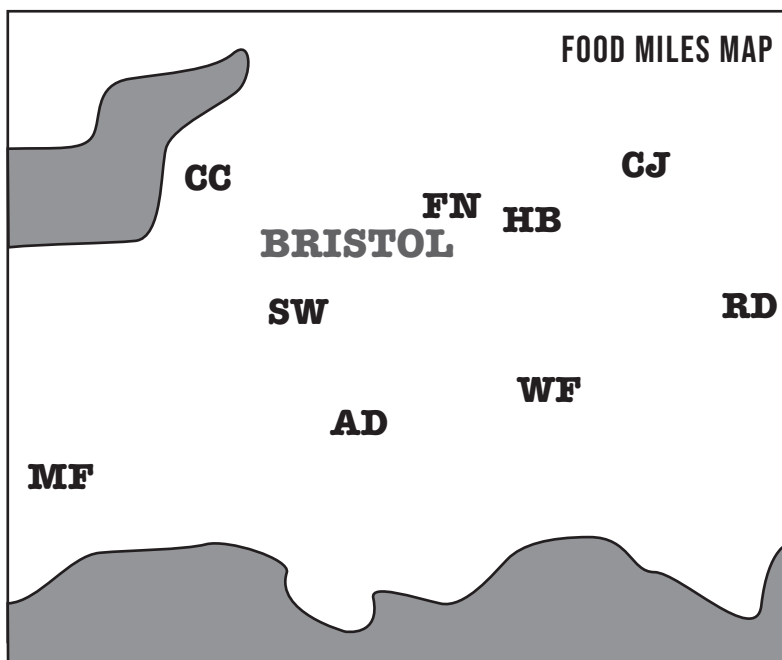
THE GROUNDED PROMISE

We will try where we can to keep suppliers local. We will strive to cut the distance from producer to plate, lowering our own carbon footprint and supporting local as much as possible.

MEET OUR BUTCHER

Manor Farm is based on the banks of the picturesque River Teign, a stone's throw from Shaldon. The 650 acre farm provides us with our West Country premier meat.

Andrew has a herd of Aberdeen Angus and Charolais cattle and uses pigs from surrounding farms to supply our bacon and sausages. Our customers like to know the provenance of their meat, and so by knowing our farmer we know the animals have been raised to the highest of standards.



OUR SUPPLIERS

Fierce & Noble **FN**
Clifton Coffee **CC**
Herberts Bakery **HB**

Stewart Wines **SW**
Chapple & Jenkins **CJ**
RD John's **RD**

Arthur David **AD**
Manor Farm **MF**
Wild Flour Cake Co. **WF**



#TakeASeat

www.groundedcafebars.co.uk