

DAYTIME FOOD MENU

GRO'S OWN

all bloomer is buttered please ask otherwise

LOCAL HERO	£12.50
TOWERS OF STORNOWAY BLACK PUDDING, HAGGIS ON TATTIE SCONES, WITH CRISPY BACON & STEAK SLICE WITH 2 LARGE POACHED EGGS ON TOASTED BLOOMER	
BUTTERMILK CHICKEN PANCAKES	£12.80
TWO FLUFFY PANCAKES WITH A MARINATED BUTTERMILK CHICKEN BREAST DEEP FRIED TO PERFECTION TOPPED WITH A FRIED EGG, DRIZZLED IN MAPLE	
THE AMERICAN	£13.00
TWO FLUFFY PANCAKES, THREE HASH BROWNS, PORK SAUSAGES BACON, MAPLE SYRUP, BLUEBERRIES AND TWO LARGE FRIED EGGS	
HOT SMOKED SALMON	£12.50
TOASTED BLOOMER, LAYERED WITH SMASHED AVOCADO, HOT SMOKED SALMON AND TWO LARGE POACHED EGGS, LEAFY GREENS, FRESH LEMON HOLLANDAISE DOTS	
SRIRACHA MAPLE WAFFLE	£12.80
LAYERED WARM WAFFLE, WITH CANDIED BACON, FRESH LETTUCE, BUTTERMILK CHICKEN COATED IN SRIRACHA MAPLE, TOPPED WITH A FRIED EGG	
HOT EGGS	£11.70
TOASTED BLOOMER, TOPPED WITH A THICK LAYER OF AVOCADO ROSARIO CHORIZO, TWO LARGE POACHED EGGS, FINISHED WITH SALSA CHIPOTLE MAYO AND FRESH CHILLIES	
STEAK PHILLY	£12.90
CREAMY PHILADELPHIA, AVOCADO ASIDE A FANNED RUMP STEAK AND TOPPED WITH TWO LARGE POACHED EGGS, SMOKED STREAKY BACON ON TOASTED BLOOMER	
PULLED BEEF BRISKET	£12.50
SLOW COOKED BEEF BRISKET BBQ GLAZED INFUSED WITH CHORIZO TOPPED WITH SMOKED STREAKY BACON, ON TOASTED BLOOMER, LARGE POACHED EGGS	
STEAK AND CHEDDAR OMELETTE	£13.00
MATURE CHEDDAR INFUSED OMELETTE, WITH FRESHLY DICED RUMP STEAK AND CHORIZO, TOPPED WITH SPANISH SALSA, SRIRACHA AND SOUR CREAM	
MEDITERRANEAN EGGS	£12.50
GRILLED ASPARAGUS WITH AVOCADO, ROASTED TOMATO, TOPPED WITH PARMA HAM, CHILLI JAM & POACHED EGGS, ON WARM TOASTED BLOOMER, WITH CRUMBLLED FETA	
BREAKFAST BURRITO	£12.00
CRISPY BACON, SAUSAGE, RICE, SCRAMBLED EGGS, TOMATO & CHEDDAR WITH JALAPENOS, SALSA & SRIRACHA, SOUR CREAM	
BREAKFAST TACO	£12.80
WARM FLAT TORTILLA, JALAPENO, CHEDDAR, SMASHED AVO CHIPOTLE MAYO SEASONED MARINATED BUTTERMILK CHICKEN BREAST, RICE, FRIED EGG, SALSA	
BERRY BRIOCHE	£12.00
BRIOCHE FRENCH TOAST, TOPPED WITH FRESH CREAM, MIXED FRESH BERRIES, HOME ROASTED GRANOLA, BERRY COULIS AND CARAMEL	

GRO FEEL GOOD

BIG BOWL OF ORGANIC PORRIDGE OATS 6.50

SERVED PLAIN, OR ADD ONE OF OUR DELICIOUS CHOOSE:

- MAPLE SYRUP, RAISINS & CINNAMON
- MIXED FRESH BERRIES & HONEY
- CARAMELISED BANANA & HONEY

LARGE HOME ROASTED GRANOLA BOWLS 8.50

ORGANIC YOGHURT OR ACAI

SERVED WITH A RANGE OF CHUNKY FRUITS AND BERRIES

HAPPY MELON DAYS 7.50

BIG MEDLEY OF FRESH MELON, CHUNKY FRUITS & FRESH BERRIES BOWL

GRO CLASSICS

all bloomer is buttered please ask otherwise

EGGS BENEDICT	£11.00
2 LARGE POACHED EGGS WITH BACON, SERVED ON WARM TOASTED BLOOMER, TOPPED WITH OUR OWN HOLLANDAISE SAUCE	
HALLOUMI BENEDICT	£11.80
2 LARGE POACHED EGGS WITH GRILLED HALLOUMI, SERVED ON WARM TOASTED BLOOMER, TOPPED WITH OUR OWN HOLLANDAISE SAUCE	
STORNOWAY BENEDICT	£11.80
2 LARGE POACHED EGGS WITH, SERVED ON TWO SLICES OF BLACK PUDDING ON TOASTED BLOOMER, TOPPED WITH OUR OWN HOLLANDAISE SAUCE	
EGGS ROYALE	£11.80
2 LARGE POACHED EGGS WITH SMOKED SALMON, SERVED ON TOASTED BLOOMER TOPPED WITH OUR OWN HOLLANDAISE SAUCE	
EGGS ANYWAY	£6.80
2 LARGE EGGS SERVED HOW YOU LIKE, POACHED, SCRAMBLED OR FRIED WITH FRESH CHUNKY BLOOMER TOAST	
TOASTED SUNNY SIDE BAGEL	£11.50
PLATED SMOKED SALMON OR BACON WITH CREAMY PHILADELPHIA AND AVOCADO WITH A GENEROUS SIDE SALAD AND SUNNY EGG	
BEATEN UP AVOCADO	£9.80
HIT WITH A LITTLE LEMON ON A BED OF TOASTED BLOOMER TOPPED WITH 2 LARGE POACHED EGGS (WHY NOT ADD ANY EXTRAS)	
FRENCH TOAST	£7.00
THICK CUT SLICES OF FRESH EGGY BREAD ADD MAPLE SYRUP £2.00 ADD BACON £3.00	
GRO OMELETTE	£13.00
4 LARGE EGG OMELETTE WITH 2 FILLINGS OF YOUR CHOICE, GARNISHED WITH SRIRACHA SOUR CREAM AND SALSA	
PLEASE CHOOSE ANY 2 FILLINGS: SPINACH, TOMATO, MUSHROOM, BACON, CHICKEN, CHEDDAR, AVOCADO, BLACK PUDDING, SMOKED SALMON, BAKED HAM, SALAMI, CHORIZO, STEAK JALAPENOS, RED ONION, GOATS CHEESE, HALLOUMI, FETA	

GRO BREAKFASTS

BIG GRO BREAKFAST	£13.30
2 ORGANIC EGGS SERVED HOW YOU LIKE, LOCALLY SOURCED SAUSAGES, BACON, STORNOWAY BLACK PUDDING, FLAT CAP MUSHROOMS, BEANS, TATTIE SCONE, FRESH VINE TOMATOES & CHUNKY TOAST	
WEE GRO BREAKFAST	£10.60
THE LITTLE BROTHER OF OUR BIG GRO WITH 1 ORGANIC EGG, SAUSAGE, 1 RASHER OF BACON, 1 PIECE OF STORNOWAY BLACK PUDDING, MUSHROOMS, BEANS, TATTIE SCONE, TOMATO & CHUNKY TOAST	
VEGGIE GRO BREAKFAST	£12.50
2 LARGE EGGS SERVED HOW YOU LIKE, SPINACH, VEGGIE SAUSAGES, HASH BROWNS MUSHROOMS, VEGAN BACON, BEANS, FRESH TOMATO, TATTIE SCONE & CHUNKY TOAST	

BIG BREAKFAST ROLLS/ SANDWICHES

ANY 2 ITEMS £5.50 3 £6.50 4 £7.50

rolls and sandwiches are buttered, please ask otherwise

bacon, sausage, sliced sausage, fried eggs,
scrambled egg, tattie scone, hash browns
black pudding, haggis, mushroom, tomato
vegan bacon, vegan sausage

BREAKFAST EXTRAS - ADD TO ANY DISH OR HAVE ON THE SIDE;

STORNOWAY BLACK PUDDING	£3.00	AVOCADO	£3.00	TATTIE SCONES	£1.50	MAPLE SYRUP	£2.00
2 BACON	£3.00	SPINACH	£1.50	TOMATOES	£1.50	HALLOUMI	£4.00
2 SAUSAGES	£3.00	VEGGIE SAUSAGES	£3.00	MUSHROOMS	£1.50	BUTTERED TOAST	£3.50
HAGGIS	£2.50	VEGAN BACON	£3.00	LARGE EGGS	£1.50	HASH BROWNS	£3.00
SMOKED SALMON	£4.00	BEYOND MEAT BURG	£4.00	ORGANIC BEANS	£2.00	JAM	£1.00

- PLEASE NOTE WE ONLY ACCEPT CARD PAYMENTS
- IF YOU HAVE ANY ALLERGY CONCERNS PLEASE INFORM OUR STAFF
- ALL OF YOUR GENEROUS TIPS GO DIRECTLY TO OUR STAFF

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GRO

EST 2015

DAYTIME FOOD MENU

GRO SWEET STUFF

£12.00

PICK YOUR BASE:

4 HIGH PANCAKE STACK, SWEET WAFFLE OR BRIOCHE FRENCH TOAST
(VEGAN PANCAKES & WAFFLES AVAILABLE)

PICK YOUR TOPPING:

OUR DAILY SPECIAL (PLEASE ASK YOUR SERVER)

*NUTELLA, MAPLE & CARAMELISED BANANA WITH CHOPPED NUTS, ICE CREAM

*FRESH DOUBLE CREAM & BERRIES, BERRY COULIS
& PISTACHIO

*BISCOFF TOP, MAPLE, STRAWBERRIES &
LOTUS CRUMB AND MAPLE

*RASPBERRY AND WHITE CHOCOLATE INFUSED, CARAMEL POUR,
CHOPPED NUTS, RASPBERRY SORBET

GRO BAKED POTATOES

£10.50

FRESHLY BAKED SERVED BUTTERED WITH SALAD AND CHUNKY COLESLAW,
PLEASE CHOOSE ONE OF OUR GORGEOUS MADE IN HOUSE FILLINGS:

TUNA MAYO, CORONATION CHICKEN,
BEEF CHILLI, VEGGIE CHILLI, BBQ PULLED PORK, MAC N' CHEESE
WITH CRISPY BACON BITS, ORGANIC BAKED BEANS, CHEDDAR,
CAJUN CHICKEN, PRAWN MARIE & SMOKED SALMON, PULLED BEEF BRISKET

GRO MAC SKILLETS

£13.00

ORGANIC MACARONI WITH A COMBINATION OR MATURE CHEDDAR AND
MOZZARELLA CHEESES, SERVED WITH GARLIC BREAD AND A CHOICE OF
TOPPINGS:

BEEF CHILLI, BBQ PULLED PORK, BUTTERMILK CHICKEN,
PULLED BEEF BRISKET, GRATED CHEESE TOPPER, CRISPY BACON BITS
& STORNOWAY BLACK PUDDING, VEGGIE CHILLI

GRO CHUNKY SANDWICHES sides and salad

sandwiches are buttered, please ask if you would like plain

£10.50

PICK YOUR BREAD:

WHITE, BROWN, GLUTEN FREE, BAGEL OR TORTILLA WRAP

PICK 1 PREMIUM FILLING:

OVEN BAKED HAM, CHICKEN BREAST, CHORIZO, TUNA MAYO, BACON,
STEAK, CORONATION CHICKEN, SMOKED SALMON, BBQ PULLED PORK,
CAJUN CHICKEN MAYO, PRAWN MARIE ROSE, BRIE, SMOKED CHEESE,
CHILLI CHEESE, EMMENTAL, GOATS CHEESE.

FOR VEGAN PLEASE SEE THE GRO VEGAN BOX.

PICK UP TO 2 STANDARD FILLINGS:

TOMATO, CUCUMBER, LETTUCE, SPINACH, COLESLAW, ONION, HUMMUS,
MAYO, CHEDDAR, CHUTNEY, SRIRACHA, CREAM CHEESE, CHILLI JAM,
CHIPOTLE, MAYO, PESTO

PICK UP TO 2 SIDES:

TORTILLA CHIPS, KETTLE CHIPS, POTATO SALAD, COLESLAW

OR ADD SOUP FOR £2.50
ADD AN EXTRA PREMIUM FILLING FOR £2.50
ADD AN EXTRA STANDARD FILLING FOR £1.00

GRO NACHO BOWL

£12.50

A LARGE BOWL OF ORGANIC NACHOS, LIGHTLY LAYERED WITH SOUR CREAM,
SALSA & CHEDDAR SAUCE.

SERVED WITH A FILLING OF YOUR CHOICE:

VEGGIE CHILLI, BEEF CHILLI, BBQ PULLED PORK,
MAC & CHEESE WITH BACON BITS,
BUTTERMILK CHICKEN, PULLED BEEF BRISKET

GRO VEGAN

CHOOSE ANY OF THESE PRODUCTS TO ADD ANYWHERE ON THE MENU,
DESIGN YOUR OWN DISH:

MOZZARELLA, VEGAN BACON, HUMMUS, RICHMOND SAUSAGES, BBQ PULLED
JACKFRUIT, VEGAN YOGHURT, ORGANIC FRIED SEASONED TOFU,
BEYOND MEAT BURGER, MAYO

PRICES MAY VARY, PLEASE ASK YOUR SERVER FOR MORE INFORMATION

*our granola and acai is also vegan

GRO LUXURY CHUNKY TOASTIES sides and salad

£10.50

PICK YOUR BREAD:

THICK CUT WHITE, BROWN, GLUTEN FREE OR TORTILLA WRAP

PICK YOUR CHEESE:

MOZZARELLA, CHEDDAR, BRIE, MONTEREY CHILLI CHEESE,
SMOKED CHEESE, EMMENTAL, HALLOUMI, GOATS CHEESE

PICK 1 PREMIUM FILLING:

STORNOWAY BLACK PUDDING, BACON, HAM, TUNA, CHICKEN,
SMOKED SALMON, CHORIZO, SALAMI, STEAK, HAGGIS,
MAC N' CHEESE, BBQ PULLED PORK, CHILLI,
CAJUN CHICKEN, CAJUN CHICKEN MAYO, PEPPERONI

FOR VEGAN PLEASE SEE THE GRO VEGAN BOX.

PICK UP TO 2 STANDARD FILLINGS:

ONION, TOMATO, PEPPERS, PINEAPPLE, JALAPENOS, BRANSTON PICKLE,
CHUTNEY, GHERKIN, SRIRACHA, PESTO

PICK UP TO 2 SIDES:

TORTILLA CHIPS, KETTLE CHIPS, POTATO SALAD, COLESLAW

OR ADD SOUP FOR £2.50
ADD AN EXTRA PREMIUM FILLING FOR £2.50
ADD AN EXTRA STANDARD FILLING FOR £1.00

DOGGY SECTION

DOGGY SAUSAGES 3.00

PUPPUCCINO 2.50

FRESH SLICED CHICKEN POT 3.50

PUP CAKE 2.80

SCRAMBLED EGGS 3.00

CRISPY BACON 3.00

DOGGY SECTION



WE PROUDLY SOURCE AS MANY
ORGANIC AND ETHICAL PRODUCTS AS FINANCIALLY POSSIBLE,
INCLUDING OUR FLOUR, MILK, BUTTER,
COFFEE, YOGHURT, BEANS AND MORE.
OUR COMMITMENT IS TO QUALITY INGREDIENTS AND OUR
CUSTOMER FIRST APPROACH.

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- IF YOU HAVE ANY ALLERGY CONCERNS PLEASE INFORM OUR STAFF
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