

DAYTIME FOOD MENU

GRO'S OWN

LOCAL HERO TOWER OF STORNOWAY BLACK PUDDING ON TATTIE SCONE, TOPPED WITH BACON & STEAK SLICE WITH 2 LARGE ORGANIC POACHED EGG AND A WEE SIDE OF TOASTED SOUR DOUGH	£9.90
BUTTERMILK CHICKEN PANCAKES 2 FLUFFY PANCAKES WITH A MARINATED BUTTERMILK CHICKEN BREAST DEEP FRIED TO PERFECTION TOPPED WITH AN ORGANIC FRIED EGG, DRIZZLED IN MAPLE	£10.90
THE BLACK GOAT ORGANIC POACHERS SERVED ON TOASTED SOUR DOUGH, LAYERED WITH BAKED IN HOUSE THICK CUT HAM, STORNOWAY BLACK PUDDING, GRILLED GOATS CHEESE, HOLLANDAISE & SRIRACHA DOTS	£10.10
HOT SMOKED SALMON TOASTED SOUR DOUGH, LAYERED WITH AVOCADO, HOT SMOKED SALMON AND TWO ORGANIC POACHED EGGS, FRESH LEMON	£9.90
HEUVOS RANCHEROS LAYERED WARM TORTILLAS, SMASHED AVOCADO, OUR FRESHLY PULLED BBQ PORK, TWO ORGANIC POACHED EGGS, SURROUNDED BY TOMATO SALSA, LIME AND RED PEPPER FLAKE	£9.90
HOT EGGS TOASTED SOUR DOUGH SMOTHERED IN NDUJA, TOPPED WITH A THICK LAYER OF SMASHED AVO AND ROSARIO CHORIZO, TWO ORGANIC POACHED EGGS AND FINISHED WITH A CHIPOTLE HOLLANDAISE	£9.90
STEAK PHILLY CREAMY PHILADELPHIA, SLICED AVOCADO ASIDE A FANNED RUMP STEAK AND TOPPED ORGANIC POACHERS, BACON CRUMB & CRISPY FRIED ONIONS	£10.90
PULLED BEEF BRISKET OUR SIGNATURE BEEF BRISKET, SLOW COOKED PULLED AND GLAZED, SAT UPON BACON, TOASTED SOUR DOUGH AND ORGANIC POACHERS, FRIED ONION CRUMB	£9.90
CLASSY EGGS A BUNDLE OF ORGANIC SCRAMBLED EGG OR HAVE 2 POACHED EGGS WITH SMOKED SALMON AND SMASHED AVOCADO ON TOASTED SOUR DOUGH	£9.90
ITALIAN EGGS GRILLED ASPARAGUS WITH CHERRY TOMATOES ON THE VINE, TOPPED WITH PARMA HAM, BALSAMIC GLAZE & POACHED EGGS, ON WARM TOASTED SOUR DOUGH	£10.20
BREAKFAST BURRITO CRISPY PUDDLEDUB BACON, ORGANIC SCRAMBLED EGGS, TOMATO & SMOKED CHEDDAR WITH JALAPENOS, SALSA & SOUR CREAM	£9.90
BREAKFAST TACO WARM FLAT TORTILLA, CHEDDAR, SMASHED AVO CHIPOTLE MAYO FAJITA SEASONED MARINATED BUTTERMILK CHICKEN BREAST, RICE, ORGANIC FRIED EGG, TOMATO AND SALSA	£10.50

GRO FEEL GOOD

ORGANIC PORRIDGE OATS SERVED PLAIN, OR ADD ONE OF OUR DELICIOUS NUTRITIOUS COMBOS ON THE SIDE. <u>LARGE £5.50 SMALL £3.50</u> ·MAPLE SYRUP, RAISINS & CINNAMON ·MIXED FRESH BERRIES & ORGANIC HONEY ·CARAMELISED BANANA & ORGANIC HONEY GRONOLA
ONE BIG BOWL OF ORGANIC YOGHURT, TOPPED WITH OUR OUR HOME MADE GRANOLA & CHUNKY FRUITS. <u>LARGE £7.50 SMALL £5.00</u> HAPPY MELON DAYS CHUNKY FRUITS & BERRIES BOWL <u>LARGE £6.50 SMALL £4.00</u> ACAI BOWL MANGO, BANANA, TOASTED COCONUT, CHIA & MIXED BERRIES <u>LARGE £7.50 SMALL £5.00</u>

GRO CLASSICS

EGGS BENEDICT 2 ORGANIC POACHED EGGS WITH BACON, SERVED ON WARM TOASTED SOUR DOUGH, TOPPED WITH OUR OWN HOLLANDAISE SAUCE	£9.20
HALLOUMI BENEDICT 2 ORGANIC POACHED EGGS WITH GRILLED HALLOUMI, SERVED ON WARM TOASTED SOUR DOUGH, TOPPED WITH OUR OWN HOLLANDAISE SAUCE	£9.20
STORNOWAY BENEDICT 2 ORGANIC POACHED EGGS WITH, SERVED ON SLICED BLACK PUDDING ON TOASTED SOUR DOUGH, TOPPED WITH OUR OWN HOLLANDAISE SAUCE	£9.20
EGGS ROYALE 2 ORGANIC POACHED EGGS WITH SMOKED SALMON, SERVED ON TOASTED SOUR DOUGH TOPPED WITH OUR OWN HOLLANDAISE SAUCE	£9.30
EGGS ANYWAY 2 ORGANIC EGGS SERVED HOW YOU LIKE, POACHED, SCRAMBLED, FRIED OR BOILED WITH FRESH CHUNKY TOAST	£6.10
TOASTED SUNNY SIDE BAGEL SMOKED SALMON OR BACON WITH CREAM CHEESE AND AVOCADO WITH A GENEROUS SIDE SALAD AND ORGANIC SUNNY EGG	£8.90
BEATEN UP AVOCADO HIT WITH A LITTLE LEMON ON A BED OF SOURDOUGH TOPPED WITH 2 ORGANIC POACHED EGGS (WHY NOT ADD ANY EXTRAS)	£8.80
FRENCH TOAST 2 THICK CUT SLICES OF FRESH ORGANIC EGGY BREAD ADD MAPLE SYRUP £1.00 ADD BACON £2.00	£6.80
GRO OMELETTE 4 ORGANIC EGG OMELETTE WITH 2 FILLINGS OF YOUR CHOICE, GARNISHED WITH SRIRACHA MAYO PLEASE CHOOSE ANY 2 FILLINGS: SPINACH, TOMATO, MUSHROOM, BACON, CHICKEN, CHEDDAR, AVOCADO, BLACK PUDDING, SMOKED SALMON, BAKED HAM, SALAMI, CHORIZO, JALAPENOS, RED ONION	£9.90

GRO BREAKFASTS

BIG GRO BREAKFAST 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	£12.70
WEE GRO BREAKFAST 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	£9.90
VEGGIE GRO BREAKFAST 2 ORGANIC EGGS SERVED HOW YOU LIKE, SPINACH, VEGGIE SAUSAGES, MUSHROOMS, VEGAN BACON BEANS, FRESH TOMATO, TATTIE SCONE & CHUNKY TOAST	£11.00
BREAKFAST SANDWICHES/BRIOCHE BUNS/BAGELS: CAN BE SERVED OPEN, PLEASE ASK YOUR SERVER	
PUDDLEBUD FARM BACON SANDWICH BROWN OR WHITE LIGHTLY TOASTED BREAD WITH OUR PUDDLEDUB FARM BACON	£4.80
BACON, EGG & MUSHROOM SANDWICH BROWN OR WHITE LIGHTLY TOASTED BREAD WITH OUR PUDDLEDUB FARM BACON & ORGANIC FRIED EGG	£6.00
BACON, SAUSAGE & EGG SANDWICH BROWN OR WHITE LIGHTLY TOASTED BREAD WITH OUR PUDDLEDUB FARM BACON, SAUSAGE & ORGANIC FRIED EGG	£6.30
FULL SCOTTISH SANDWICH BROWN OR WHITE LIGHTLY TOASTED BREAD WITH CRUMBLED STORNOWAY BLACK PUDDING, SAUSAGE, BACON & EGG	£7.50

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

STORNOWAY BLACK PUDDING	£2.00	AVOCADO	£2.00	TATTIE SCONES	£1.00	MAPLE SYRUP	£1.20
BACON	£2.00	SPINACH	£1.00	TOMATOES	£1.00	HALLOUMI	£3.00
2 SAUSAGES	£2.00	SWEET POTATO	£1.00	MUSHROOMS	£1.00	BUTTERED TOAST	£3.00
HAGGIS	£1.50	VEGGIE SAUSAGES	£2.00	ORGANIC EGG	£1.00	HONEY	£0.50
SMOKED SALMON	£3.00	SGAIA BACON	£2.00	ORGANIC BEANS	£1.00	JAM	£0.50

- 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 & SAVOURY STUFF

£9.60

PICK YOUR BASE:
PANCAKE STACK, SWEET WAFFLE OR BRIOCHE FRENCH TOAST
(VEGAN PANCAKES & WAFFLES AVAILABLE)

PICK YOUR TOPPING:
·OUR DAILY SPECIAL (PLEASE ASK YOUR SERVER)

·PUDDLEDUB BACON & MAPLE

·NUTELLA, MAPLE & CARAMELISED BANANA WITH CHOPPED NUTS

·FRESH DOUBLE CREAM & BERRIES, BERRY COULIS
& PISTACHIO

·BISCOFF TOP, MAPLE, STRAWBERRIES &
LOTUS CRUMB

·"BREAKFAST" PUDDLEDUB BACON, SAUSAGE,
FRIED EGG & MAPLE

GRO SANDWICHES

£8.50

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, PRAWN MARIE ROSE, BRIE, SMOKED CHEESE,
MONTEREY JACK 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, SALAD, POTATO SALAD, COLESLAW

OR ADD SOUP FOR £1.80
ADD AN EXTRA PREMIUM FILLING FOR £1.50
ADD AN EXTRA STANDARD FILLING FOR £0.75

GRO LUXURY CHUNKY TOASTIES

£8.50

PICK YOUR BREAD:
THICK CUT WHITE, BROWN, GLUTEN FREE OR TORTILLA WRAP

PICK YOUR CHEESE:
MOZZARELLA, CHEDDAR, BRIE, MONTEREY JACK 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, CHICKEN FAJITA, SPINIATTA, NDUJA

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, SALAD, POTATO SALAD, COLESLAW

OR ADD SOUP FOR £1.80
ADD AN EXTRA PREMIUM FILLING FOR £1.50
ADD AN EXTRA STANDARD FILLING FOR £0.75

GRO BAKED POTATOES

£8.50

OUR BAKED POTATOES ARE SERVED WITH SALAD AND CHUNKY COLESLAW,
PLEASE CHOOSE ONE OF OUR GORGEOUS FILLINGS:

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

GRO MAC SKILLETS

£10.50

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

BEEF CHILLI, PULLED PORK, CAJUN CHICKEN, CHICKEN FAJITA,
GRATED CHEESE TOPPER, CRISPY PUDDLEDUB BACON BITS
& STORNOWAY BLACK PUDDING

GRO NACHO BOWL

£10.50

A LARGE BOWL OF ORGANIC NACHO, 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, CAJUN CHICKEN OR CHICKEN FAJITA

GRO VEGAN BOX

CHOOSE ANY OF THESE PRODUCTS TO ADD ANYWHERE ON THE MENU,
DESIGN YOUR OWN DISH:
MOZZARELLA, SGAIA BACON, HUMMUS, RICHMOND SAUSAGES, BBQ PULLED
JACKFRUIT, ORGANIC SOYA YOGHURT, ORGANIC SMOKED TOFU,
BEYOND MEAT BURGER

PRICES MAY VARY, PLEASE ASK YOUR SERVER FOR MORE INFORMATION

GRO SALAD

£10.50

A BIG BOWL OF SEASONAL VEG, LEAVES & TOASTED SOUR DOUGH
PLEASE CHOOSE FROM:

·STORNOWAY BLACK PUDDING, PUDDLEDUB BACON & POACHED EGG
WITH BALSAMIC DRESSING

·HARBOUR SALAD, SMOKE SALMON & PRAWN WITH
SWEET CHILLI DRESSING

·CHICKEN FAJITA BREAST, PUDDLEDUB BACON
WITH SOUR CREAM DRESSING

·GOATS CHEESE, AVO & ROASTED CHERRY VINE TOMATOES
WITH BALSAMIC DRESSING

DOGGY SAUSAGES

 £2 

WE USE LARGE FREE RANGE ORGANIC SCOTTISH
EGGS FROM THE HAPPIEST HENS WE COULD FIND.
OUR SAUSAGES, HAM AND PORK COME FROM THE
RENOWNED PUDDLEDUB FARM IN KIRKCALDY WHERE
EVERYTHING IS "CAREFULLY DONE FROM CONCEPTION
TO CONSUMPTION". WE PROUDLY SOURCE AS MANY
ORGANIC PRODUCTS AS POSSIBLE, INCLUDING OUR
FLOUR, MILK, BUTTER AND BEANS.

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