

ALL DAY BREAKFAST



ATLAS BAR

10AM
-4PM

FULL ENGLISH / 14.5

Smoked Back Bacon, Thick Butchers Sausage, Black Pudding, Fried Eggs, Roast Tomato, Portobello Mushroom, Baked Beans, Homemade Hash Brown & HOLY GRAIN Sourdough Toast w/ Salted Butter
Egg, Gluten, Dairy

AVOCADO & EGGS / 10

Whipped Avocado, Roast Cherry Tomatoes, Poached Eggs, Pumpkin Seeds, Tomato Oil on HOLY GRAIN Sourdough Toast
(V), Egg, Gluten, Sulphites, Mustard

BACON & EGGS / 11

Streaky Bacon, Soft Scrambled Eggs, Diced Tomatoes & Crispy Cubed Potato
Egg, Dairy

VEGAN BREAKFAST / 13

Vegan Sausages, Roast Tomatoes, Portobello Mushrooms, Baked Beans, Homemade Hash Browns, Whipped Avocado & HOLY GRAIN Sourdough Toast w/ Vegan Spread
(VG), Gluten, Sulphites, Mustard

ATLAS BENEDICT / 12

Streaky Bacon, Poached Eggs, Whipped Avocado & House Hollandaise on an English Muffin
Dairy, Egg, Gluten, Sulphites, Mustard

BUTTERMILK PANCAKES / 10

Fresh Mixed Berries, House Compote, Whipped Cream & Nutella
(V), Dairy, Gluten, Egg, Nuts

BREAKFAST BUTTIES / 6

Smoked Back Bacon OR Thick Butchers Sausages on Toasted White Bloomer
Dairy, Gluten

ATLAS ROYALE / 13

Smoked Atlantic Salmon, Poached Eggs, Lemon, Chive & Dill Cream Cheese & House Hollandaise on an English Muffin
Dairy, Egg, Gluten, Sulphites, Mustard

EXTRAS

2 x Bacon Rashers / 3 | 1 x Sausage / 2
1 x Hash Brown / 2 | 2 x Eggs / 3
Smoked Salmon / 4 | Whipped Avocado / 3
Fries / 4

12PM
-4PM

BREAD

BLT / 12

Smoked Back Bacon, Lettuce, Tomato & Peppered Mayo on Toasted White Bloomer w/ Seasoned Fries
Egg, Gluten

TUNA MELT / 12

Tuna, Mayo, Cheddar, Mozzarella, Lemon & Spring Onion on HOLY GRAIN Sourdough w/ Seasoned Fries
Dairy, Egg, Gluten, Sulphites, Fish

SALMON SARNIE / 13

Smoked Atlantic Salmon, Lemon, Chive & Dill Cream Cheese on HOLY GRAIN Sourdough w/ Seasoned Fries
Dairy, Gluten, Fish

BURGER

SMASH / 14

2 x 3oz Patties, American Cheese, Lettuce, Tomato, Pickle & Burger Sauce on Toasted Potato Brioche Bun w/ Seasoned Fries
Dairy, Gluten, Mustard, Egg

BUTTERMILK CHICKEN / 14

Panko Crusted Chicken, American Cheese, Lettuce, Tomato, Honey Mustard Aioli & Pickles on Toasted Potato Brioche Bun w/ Seasoned Fries
Dairy, Gluten, Mustard, Egg

BEETS AND BEANS / 12

Jalapeno Spiked Beetroot & Black Bean Pattie, Lettuce, Tomato & Roast Garlic Hummus on Toasted Potato Brioche Bun w/ Seasoned Fries
(V), Dairy, Gluten - Vegan bun available

BOWL

HALLOUMI THINGY / 12

Halloumi, Whipped Avocado, Roast Cherry Tomatoes, Pumpkin Seeds, Fried Egg & Sweet Chilli Sauce on Crispy Cubed Potatoes "...like a hash?"
(V), Dairy, Sulphites, Mustard, Egg

BLACK BEAN STEW / 12

Sweet Potato, Spinach, Onion, Tomato, Celery, Tomato Salsa, Diced Jalapenos & Jalapeno Sauce w/ HOLY GRAIN Sourdough & Vegan Spread
(VG), Celery, Gluten

SOUP / 7

Fresh Daily Soup w/ Toasted HOLY GRAIN Sourdough & Salted Butter
(V), Dairy, Gluten, Celery

OUR MENU

People from Manchester.
Produce from Manchester.
Serving the People of Manchester.

Suppliers:

Holy Grain Sourdough Bakery
J S Atherton Hagg Back Farm
W H Frosts Butchers
W Thatcher Bakey
Strawberry Catering Grocers

BAKES & BREWS



CINNAMON SWIRL / 3.5
CROISSANT / 2
SEASONAL CAKE / 3.5

ASK STAFF FOR
DAILY AVAILABILITY

Full range of hot drinks
available please see our
drinks menu.



ATLAS BAR



www.atlasbarmanchester.com