

ALL DAY BREAKFAST

10AM
-4PM



ATLAS BAR

FULL ENGLISH / 15

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

PROPER EGGS BENNY / 12

Roasted English Ham, Poached Eggs & House Hollandaise on an English Muffin

Dairy, Egg, Gluten, Sulphites, Mustard

AVOCADO & EGGS / 12

Whipped Avocado, Roast Cherry Tomatoes, Poached Eggs, Pumpkin Seeds, Tomato Oil on *HOLY GRAIN* Sourdough Toast

(V), Egg, Gluten, Sulphites, Mustard

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

BREAKFAST BUTTIES / 6

Smoked Back Bacon **OR** Thick Butchers Sausages **OR** 3 Eggs on Toasted White Bloomer

Dairy, Gluten

EGGS ROYALE / 13

Smoked Atlantic Salmon, Poached Eggs, Lemon & House Hollandaise on an English Muffin

Dairy, Egg, Gluten, Sulphites, Fish

FRENCH TOAST / 12

Brioche Bread, Fresh Mixed Berries, House Compote, Nutella & Madagascan Vanilla Ice Cream

(V), Dairy, Gluten, Nuts, Egg

EXTRAS

2 x Smoked Back Bacon Rashers / 3

1x Butchers Sausage / 3

1 x Hash Brown / 2

2 x Eggs / 3

Smoked Salmon / 4

Whipped Avocado / 4

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 Bakery
Strawberry Catering Grocers

12PM
-4PM

BREAD

BLT / 12

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

Egg, Gluten

SMASH BURGER / 15

Two 3oz Smashed Beef Patties, American Cheese, Lettuce, Tomato, Pickle & Burger Sauce on Toasted Potato Brioche Bun w/ Seasoned Fries

Dairy, Gluten, Mustard, Egg, Sulphites

HALLOUMI BURGER / 14

Grilled Halloumi, Hot Honey Drizzle, Gem Lettuce, Tomato Salsa, Roast Garlic Hummus and Sweet Chilli Sauce on Toasted Potato Brioche Bun w/ Seasoned Fries

Dairy, Gluten, Mustard, Sulphites, Sesame, Egg

SUB ROLL

CHICKEN CAESAR / 15

Parmesan Breaded Crispy Chicken Cutlet, Smoked Back Bacon Bits, Gem Lettuce, Parmesan Shavings & House Caesar Dressing w/ House Salad

Dairy, Egg, Gluten, Sulphites, Mustard, Fish

ITALIAN DELI / 15

Salami, Pepperoni, Prosciutto, House Marinara Sauce, Fresh Mozzarella, Sun Blushed Tomato, Peppers, Rocket & Aioli w/ House Salad

Dairy, Egg, Gluten, Sulphites, Mustard

HAM & CHEESE / 14

Roast English Ham, Cheddar & Mozzarella Cheese, Gem Lettuce, Sun Blushed Tomato & Aioli w/ House Salad

Dairy, Mustard, Gluten, Sulphite, Egg

BOWL

HALLOUMI THINGY 2.0 / 15

Grilled Halloumi, Whipped Avocado, Roast Cherry Tomatoes, Peppers, Onion, Garlic Crispy Cubed Potatoes & Fried Egg w/ Sweet Chilli Sauce "...like a hash?"

Dairy, Sulphites, Mustard, Egg

CHORIZO HASH / 15

Pan Fried Chorizo, Peppers, Onion, Garlic, Crispy Cubed Potatoes & Poached Eggs w/ Jalapeño Sauce

Egg, Dairy, Mustard, Sulphites

TATER AND BEANS / 12

Black Beans, Sweet Potato, Spinach, Onion, Tomato, Celery, Tomato Salsa & Diced Jalapeños w/ *HOLY GRAIN* Sourdough & Vegan Spread

(VG), Celery, Gluten, Sulphites

SALADS & SOUP

CHICKEN CAESAR SALAD / 14

Parmesan Breaded Crispy Chicken Cutlet, Gem Lettuce, Parmesan Shavings & House Caesar Dressing w/ Croutons

Dairy, Egg, Gluten, Sulphites, Fish

TERRACE SALAD / 9

Rocket, Sun Blushed Tomato, Lettuce, Spring Onion, Peppers, Balsamic Glaze & House Dressing w/ Fresh Mozzarella

Dairy, Mustard, Sulphites

SOUP / 7

Fresh Daily Soup w/ Toasted *HOLY GRAIN* Sourdough & Salted Butter

(V), Dairy, Gluten, Celery