

Ice Cream Milkshakes

Our locally famous ice cream shakes, ask our team for our current specials

Vanilla | Strawberry
Chocolate | Banana
Bubblegum | Irn Bru

£4.95



Coffee & Homemade Brownie £6

Monday - Friday

Send your tastebuds to heaven with one of our delicious fudgy homemade brownies with a coffee.

Ask our team for today's brownie options.



Soft Drinks

Sparkling Spring Water.....	2.50
Still Water.....	2.50
Appletiser.....	2.90
Coca Cola.....	2.90
Diet Coke.....	2.90
Fanta Orange.....	2.90
Lemonade.....	2.90
J20 Orange & Passion fruit.....	3.20
Juice.....	2.80
Apple Cranberry, Orange Pineapple	

Beer & Cider

Camden Pale Ale (4%).....	2.80 / 5.50
Camden Hells (4.6%).....	2.60 / 5.20
Kopparberg Mixed Fruit 500ml (4%)	5.50
Kopparberg Naked Apple 500ml (4%).....	5.50

Wine & Sparkling

	125ml	175ml	250ml	bottle
Prosecco	6.00			25
House White	3.90	5.80	7.80	23
House Rosé	3.90	5.80	7.80	23
House Red	3.90	5.80	7.80	23

Hot Drinks

Coffee

Espresso.....	2.00
Double Espresso.....	2.50
Macchiato - single.....	2.10
Macchiato - double.....	2.50
Cafe Latte.....	3.40
Cappuccino.....	3.40
Cortado.....	2.85
Americano.....	2.80
Flat White.....	3.20
Mocha (White, Milk, Dark).....	4.30
Matcha with Vanilla.....	3.50

Iced/Frappe

Vanilla Coffee Frappé.....	4.50
Caramel Coffee Frappé.....	4.50
Mocha Frappé.....	4.50
Chocolate Cream Frappé.....	4.50
Caramel Cream Frappé.....	4.50
Vanilla Cream Frappé.....	4.50
Iced Latte.....	4.50
Iced Mocha.....	4.50

Hot Chocolate

Simply Delicious.....	3.70
Luxurious.....	4.95
Decadent velvety chocolate topped with fresh whipped cream, marshmallows	

Tea

House Tea.....	2.50
Pukka Tea.....	2.80

RISE AND GRIND



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Fresh Waffles

Bacon, Egg & Maple..... 8.50

Delicious candied bacon and a fried egg on top of freshly made waffles with maple syrup

Coconut Yoghurt..... 7.50

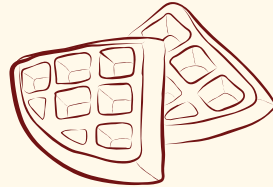
Fresh waffle topped with coconut yoghurt and a fruit compote

Fruits & Honey..... 7.50

Fresh waffle topped with fruit compote, whipped cream and honey

Oreo & Cream..... 7.50

Fresh waffle topped with crushed oreo, whipped cream and chocolate sauce



Toasts

French Toast..... 7.00

Choice of:
- Candied Bacon, maple syrup & cinnamon
- Coconut yoghurt, fruit compote & cinnamon
- Whipped cream, fruit compote & cinnamon

Smashed Avocado (vg)..... 7.50

Smashed Avocado with Tomato on malted toast (Suggestion: add poached egg for £1. 50)

Cheesy Beans (v)..... 6.50

A R&G twist on the classic, baked beans oozing with our melted house cheese blend served on white or malted bread with a cheeky balsamic glaze for that extra flavour

Scrambled Tofu (vg)..... 6.50

Scrambled Tofu on toast with roasted tomatoes

All Day Breakfasts

Light Breakfast..... 7.95

A lighter breakfast - choice of fried, poached or scrambled eggs, sausage, beans, hash browns and bacon

Rise & Grind Breakfast..... 10.50

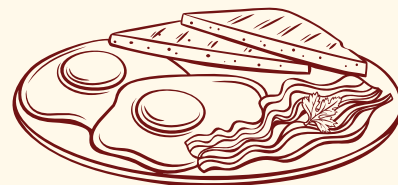
Our signature breakfast - choice of fried, poached or scrambled eggs with bacon, sausages, baked beans, tomato, black pudding, mushrooms, hash browns and toast

Full Vegan (vg)..... 10.50

Vegan Sausage, scrambled tofu (or egg choice), baked beans, avocado, hash browns, mushrooms, tomato, and toast

Add extras

- Rack of toast (white or brown).....2.50
- Avocado.....2.00
- Egg (choice).....1.50
- Bacon.....2.00
- Sausage.....2.00
- Black Pudding.....1.50
- Mushrooms.....1.50
- Tomatoes.....1.00
- Hash browns.....4.00
- Beans.....1.50



Eggs

Eggs Benny..... 7.50

Crispy bacon, poached eggs, hollandaise, on an English Muffin

Eggs Florentine..... 7.50

Spinach, poached eggs, hollandaise, on an English Muffin

Eggs Royale..... 8.25

Smoked salmon, poached eggs, hollandaise, on an English Muffin

Burgers

Bacon Cheeseburger..... 12.95

Smashed burger topped with bacon and American cheese, lettuce, tomato and pickles, American mustard and ketchup with fries

Double Bacon Cheeseburger..... 14.95

Double Smashed burger topped with bacon and American cheese, lettuce, tomato and pickles, American mustard and ketchup with fries

R&G Vegan Burger (vg)..... 12.95

Southern fried Jack Fruit burger served with lettuce, pickles, tomato and fries

Sandwiches

Add fries to any sandwich for 3.00

Bacon Sando..... 4.95

Crispy bacon in freshly baked house bread. With tomato chutney (Suggestion: add a fried egg for £1. 50)

Sausage Sando..... 4.95

Premium Cumberland sausages with tomato chutney in freshly baked house bread (Suggestion: add mushrooms for £1. 50)

Early Bird Sando..... 7.50

Sausage, bacon, fried egg, crispy hash browns and tomato chutney on toasted malted bread

Coronation Chicken Sando..... 6.50

Creamy coronation chicken on malted or white bread served with fries

Caprese Chicken..... 7.50

Caprese Chicken on toasted bread, malted or white served with fries

Smoked Salmon..... 8.25

Smoked salmon with avocado, spinach and garlic mayo on a choice of white or malted bread

Egg Mayo..... 5.95

A simple classic, served on a choice of white or malted bread

Lunches & Brunches

Chicken Skewers..... 12.00

Grilled chicken skewers with rice, beans and house 'slaw **Choose your flavour:** Jerk BBQ or lemon & herb

Sausage & Potato Hash..... 13.00

Cumberland sausage served with homemade potato hash and roasted tomato chutney

R&G Hash (v*)..... 9.00

Vegetable potato hash with black pudding topped with a fried egg (*Veggie option available)

Sweet Chilli Halloumi..... 12.00

Sticky sweet chilli halloumi skewers served with rice, beans and house 'slaw

Sides

Hash Browns..... 4.00

House Fries..... 4.00

Onion Rings..... 5.00

Side Salad..... 4.00

Slaw..... 2.50

Kids Meals

Kids Breakfast..... 7.50

Sausage, bacon, hash browns, eggs and beans

Scrambled Eggs on Toast..... 4.00

Kids scrambled eggs on toast

Beans on Toast..... 4.00

Kids baked beans on house toast

Kids Oreo & Cream Waffle..... 5.95

Freshly baked fluffy waffle, topped with crushed Oreos, whipped cream and chocolate sauce

Kids Burger..... 7.00

Smashed burger & fries

Kids Plant Chick'n Nuggets (vg)..... 7.00

Crispy plant-based nuggets and fries

Kids Chicken Nuggets..... 7.00

Crispy chicken nuggets and fries

Sausage, Chips & Beans..... 7.00

A kid's classic for those fussy eaters

Please inform your server of any allergies or intolerances before you order.

Unfortunately, it is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross contamination in our kitchens.

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