

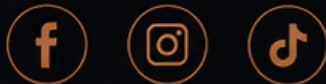


# Blush & Barrel



GOOD FOOD • GOOD DRINKS • GOOD TIMES

## MENU



@BLUSHANDBARREL

BLUSH & BARREL HOLD  
NO RESPONSIBILITY FOR FOOD TAKEN OFF THE PREMISES.



## BRUNCH MENU

AVAILABLE UNTIL 4PM



### EGGS BENEDICT £7.95

Two poached eggs and two rashers of bacon on a toasted English muffin, topped with hollandaise sauce and spinach. *705 kcal*

### BIG BREAKFAST £9.95

Fried egg topped with chilli flakes, two pork sausages, three rashers of bacon, three hash browns, half a grilled tomato and toast with butter. Served with baked beans. *1353 kcal*

### PLANT-BASED BREAKFAST V £9.45

Avocado, three THIS™ Isn't Pork sausages, two hash browns, half a grilled tomato, roasted corn, baked beans and toast. *877 kcal*

### PANCAKE STACK V £8.45

Six American-style buttermilk pancakes layered with Belgian chocolate sauce, salted caramel sauce, honeycomb chocolate rocks, freeze-dried raspberries, popping candy and sugar sprinkles, topped with cream. *1114 kcal*

### AVOCADO & POACHED EGG V•M £7.45

On focaccia toast with roasted corn, vegan mayo and a splash of balsamic glaze. *511 kcal*

### SIGNATURE BRUNCH FLATBREAD £7.95

Flatbread loaded with mozzarella cheese, smoked bacon, pork sausage and tomato salsa. Finished with a fried egg. *818 kcal*

### CRISPY SHREDDED CHICKEN, BACON & AVOCADO CRULL £9.45

A croissant bun filled with crispy shredded chicken, bacon and avocado with our signature miso & bacon flavour sauce, served with skin-on fries. *1341 kcal*

## LUNCH MENU

MONDAY – FRIDAY, 12PM – 4PM

### & SANDWICHES

SERVED UNTIL 4PM. ALL SERVED WITH SKIN-ON FRIES (+£1.75/+342 kcal) OR SIDE SALAD (+£1.35 kcal)  
SWAP TO SWEET POTATO FRIES (+£1.75/+342 kcal) OR TATER BITES (+£1.25/+564 kcal)  
PREFER A TORTILLA WRAP? JUST ASK! (+£1.32/+412 kcal)

### CHICKEN & BACON SANDWICH £11.45

Crispy coated chicken, streaky bacon, avocado, red pepper & sesame houmous, baonnaise and rocket in rosemary focaccia. *1112 kcal*

### STEAK SANDWICH £14.45

Sirloin steak slices, sweet & sour pickled onion, balsamic glaze, miso mayo\* and rocket served in rosemary focaccia. *599 kcal*

### FISH FINGER BUN £10.45

Hand-battered fish goujons, tartare sauce, gherkins and iceberg lettuce served in a bun. *542 kcal*

### PLANT POWER SANDWICH V•M £10.95

Avocado, red pepper & sesame houmous, slow-roasted tomatoes, sweet & sour pickled onion, cucumber ribbons, mayo\* and rocket served in rosemary focaccia. *520 kcal*

### & LIGHT BITES

### AVOCADO & POACHED EGG V•M £7.45

On focaccia toast with roasted corn, vegan mayo and a splash of balsamic glaze. *511 kcal*

### EGGS BENEDICT £7.95

Two poached eggs and two rashers of bacon on a toasted English muffin, topped with hollandaise sauce and spinach. *705 kcal*

### TOMATO & CHEESE QUESADILLA V £9.45

Three spicy salsa, cheese & jalapeño corn quesadillas topped with pico de gallo, sweet & sour pickled onion, avocado and peri-peri sauce.

*Why not add a topper of pork in spicy chipotle & citrus sauce +£1.50 (+103 kcal), pulled chipotle beef +£1.50 (+64 kcal) or Yucatan-style diced chicken +£1.50 (+103 kcal)?*

## MAINS

DISHES THAT WORK ANY WAY YOU WANT  
CHOOSE AS A STARTER, MAIN OR TO SHARE

### CAESAR SALAD BOWL V £11.45

Spinach, iceberg, soya beans, baonnaise and croutons. Italian hard cheese with our creamy Caesar dressing. *662 kcal*  
*Why not add a topper?*

- Crispy shredded tofu V +£1.26 kcal
- Grilled chicken breast +£2.26 kcal

### FAJITA CHICKEN PASTA £12.45

Penne pasta with spiced chicken, tortilla strips in a creamy sauce with onion and mixed peppers, finished with coriander, spring onion and lime. *1299 kcal*

### KATSU CURRY £12.45

A rich curry sauce with basmati rice, red chilli, spring onion and coriander.  
*With your choice of:*

- Crispy shredded tofu V +£2.26 kcal
- Crispy coated chicken +£1.85 kcal

### FISH & CHIPS £13.95

Hand-battered fish with skin-on fries, tartare sauce and your choice of peas (+76 kcal) or mushy peas (+91 kcal). *1143 kcal*

### SCAMPI & CHIPS £12.45

Crispy, golden scampi with skin-on fries, tartare sauce and your choice of peas (+76 kcal) or mushy peas (+91 kcal). *942 kcal*

### & BURGERS

SERVED IN A SOFT GLAZED BUN WITH MISO MAYO\*, LETTUCE AND CHOPPED PICKLE & ONION.

WITH SKIN-ON FRIES (+£1.75/+342 kcal) OR SIDE SALAD (+£1.25/+55 kcal)  
SWAP TO SWEET POTATO FRIES (+£1.75/+342 kcal) OR TATER BITES (+£1.25/+564 kcal)

### BACON CHEESEBURGER £14.45

Two beef patties, streaky bacon, Monterey Jack cheese, BBQ sauce and cheese sauce. *1039 kcal*

### VEGAN SHEESE® BURGER V £13.95

Grilled plant-based THIS™ Isn't Beef burger, grated Sheese®, sweet & sour pickled onion, Sheese® sauce, chilli jam and rocket. *808 kcal*

### MAC 'N' CHEESE V £11.95

Macaroni in a creamy Monterey Jack® cheese sauce, served with a green salad. *811 kcal*

*Why not add a topper?*

- Crispy shredded BBQ chicken +£1.85 kcal
- Crispy bacon & onion bits +£1.38 kcal
- Bacon, spiced piquante peppers & jalapeños +£1.13 kcal

### SMOTHERED CHICKEN £12.45

Your choice of grilled chicken breast (+186 kcal) or crispy coated chicken breast (+451 kcal), topped with Monterey Jack® cheese sauce and streaky bacon, on fries and your choice of peas (+76 kcal) or rocket (+2 kcal). *1385 kcal*

### FAJITA PASTA V £11.45

Penne pasta in a 'Sheese®' sauce with onion, soya beans and mixed peppers, finished with coriander, spring onion and lime. *955 kcal*

### STEAK & FRIES £18.95

8oz sirloin steak with skin-on fries, slow-roasted tomatoes, peppercorn sauce and your choice of peas (+76 kcal) or rocket (+2 kcal). *931 kcal*

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