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## BRUNCH

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Mushroom Magic 🌿 £ 8.50  
Mushrooms and spinach in a creamy vegan yogurt, served on toasted sourdough and topped with a poached egg (G/E)

The HAPI £ 11.00  
Halloumi, avocado, poached eggs and rocket, served on toasted sourdough and topped with seeds and balsamic glaze (D/E/SU).

Smoked Salmon Bruschetta £ 11.00  
Smoked salmon, cream cheese, rocket and red onion served on toasted sourdough and topped with black pepper (F/D/G)

The Breakfast Burrito 🌿 £ 11.50  
Avocado, tomato salsa, scrambled egg, or scrambled turmeric tofu, sweet potato, burrito beans, spinach topped with jalapenos and served on a open tortilla (E/SY/SU/G/L).

Protein Pancakes £ 9.50  
Homemade pancakes made with banana, eggs, oats, vanilla protein and blueberries, served with yogurt, berries and honey (E/D)

Yogurt berries and granola £ 7.50  
Yogurt, and granola, layered with berry compote, and honey (D/G/TN)

# NUDE FOOD BRUNCH

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## SALAD BOWLS

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Asian Poke Bowl 🌿 £ 13.00  
Brown rice, mixed salad leaves, avocado, carrot, cabbage, edamame, pickled cucumber, pickled ginger and wasabi served with a sweet soy dressing (SY/G/SU)

Mexican Bowl 🌿 £ 13.00  
Steamed quinoa, mixed salad leaves, sweet potato, guacamole, tomato salsa, vegan coconut coriander yogurt, jalapenos and corn chips (SU)

Buddha Bowl 🌿 £ 13.00  
Mixed salad leaves, sweet potato, avocado, tomatoes, cabbage, carrots, red pepper, cucumber and spring onions served with our nude dressing (SU/MU)

Nude Bowl 🌿 £ 13.00  
Mixed salad leaves, hummus, avocado, tomatoes, cabbage, carrots, cucumber and red onion topped with seeds and served with a balsamic dressing (S/SU)

## TOPPINGS

Feta £ 4.00 / Halloumi £4.00 / Poached Egg £ 1.50 / King Prawns £7.00 / Salmon £9.50 / Cajun Chicken £ 5.00 / Steak Strips £ 10.00 / Tofu £4.00

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## WARM BOWLS

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Wholesome Bowl 🌿 £ 13.00  
Quinoa, spinach, broccoli, mushrooms, tomatoes, sweet potato, poached eggs or scrambled turmeric tofu topped with seeds and a balsamic glaze (E/SY/SU)

Noodle Bowl 🌿 £ 13.50  
Rice noodles and stir fried vegetables in a soy, sesame, ginger and chilli sauce and topped with cashew nuts and spring onions (SY/S/TN)

Curry Bowl 🌿 £ 13.00  
Thai masaman curry with vegetables, served with brown rice and topped with spring onions, crispy onions and chilli flakes and served with a toasted tortilla (SY/G)

Burrito Bowl 🌿 £ 13.50  
Mexican beans and sweetcorn in a spicy tomato sauce served with brown rice and topped with guacamole, jalapeno peppers, vegan coconut coriander yogurt and tomato salsa (L)

## TOPPINGS

Feta £ 4.00 / Halloumi £4.00 / Poached Egg £ 1.50 / King Prawns £7.00 / Salmon £9.50 / Cajun Chicken £ 5.00 / Steak Strips £ 10.00 / Tofu £ 4.00

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## OPEN WRAPS

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Rainbow Wrap 🌿 £ 9.50  
Hummus, carrot, cabbage, mixed leaves, red onion, pepper and avocado served in an open tortilla wrap and dressed with a nude dressing (G/SU/MU).

Feta Wrap £ 11.00  
Feta, sweet potato, sun dried tomatoes, red onion and rocket served in an open tortilla wrap and dressed with a balsamic glaze (D/G/SU).

Prawn Wrap £ 11.00  
Atlantic prawns, lemon mayonnaise, mixed leaves, tomato, pickled cucumber and pickled ginger served in an open tortilla wrap and dressed with lemon and a nude dressing (CR/SU/G/MU).

Cajun Chicken Wrap £ 12.00  
Cajun chicken, red onion, carrot and rocket with a coriander vegan yogurt served in an open tortilla wrap and dressed with a balsamic dressing (G/SU).

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## SMOOTHIE BOWLS

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Acai Bowl 🌿 £ 9.50  
Acai especial and banana topped with granola, coconut flakes, fresh fruit, and goji berries (G/TN)

Berry Bowl 🌿 £ 9.50  
Strawberries, raspberries, blueberries and banana topped with granola, coconut flakes, fresh fruit, and goji berries (G/TN)

Tropical Bowl 🌿 £ 9.50  
Mango, pineapple and banana topped with granola, fresh fruit, coconut flakes and goji berries (G/TN)

All smoothie bowls come with honey or maple syrup on top.

🌿 Vegan option available

Allergens - C - Celery / G - Gluten / CR - Crustaceans / E - Egg / F - Fish / L - Lupin / D - Dairy / M - Molluscs / MU - Mustard / PN - Peanuts / S - Sesame / SY - Soy / SU - Sulphites / TN - Tree nuts

10% Service Charge has been added to your bill if you weren't happy with your service please let a member of the management team know

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## BRUNCH

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Cheese & Onion  £ 7.00  
Montery Jack cheese/Vegan cheese, and caramelised onions toasted between sourdough (D/S/SU/G)

\*Add  
Caramelised Onions £1.00 / Bacon £ 1.50 / Fried Egg £ 1.50 / Sausage £ 3.00 / Halloumi £ 4.00 / Cheddar Cheese £1.50 / Avocado £ 3.00 / Lettuce £ 0.50 / Tomato £1.00 / Mushroom £ 2.00

The Bad Ass £ 11.50

Steak strips, cheddar cheese, caramelised onions, avocado, tomatoes and spinach served on a open tortilla wrap (D/G)

Devilled Eggs £ 10.00

2 fried eggs, halloumi and avocado served on toasted sourdough and served with a siracha sauce (E/D/G)

The Breakfast Skillet £ 10.50

Sausage, bacon, burrito beans, mushrooms, tomatoes and sweet potatoes topped with a baked egg and served with toasted sourdough (S/E/G)

Waffles £ 9.50

Belgium Waffles topped with yogurt, berries and honey (G/D)

Build your own Butty 2x fillings £ 7.00  
(Sourdough or Brioche Bun)

Add\*

Caramelised Onions £1.00 / Bacon £ 1.50 / Fried Egg £ 1.50 / Sausage £ 3.00 / Halloumi £ 4.00 / Cheddar Cheese £1.50 / Avocado £ 3.00 / Lettuce £ 0.50 / Tomato £1.00 / Mushroom £ 2.00

# RUDE FOOD BRUNCH

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## BURGERS

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Plant Burger  £ 14.00

Beetroot and quinoa burger, with vegan cheese, lettuce, tomato, pickles and a vegan mayo in a sourdough bun and served with either chunky chips or french fries (S/SU/G/MU)

Halloumi Burger £ 15.00

Grilled Halloumi and a field mushroom in a with lettuce, tomato, pickled cucumber and mayonnaise in a brioche bun served with either chunky chips or french fries (D/SU/G/MU)

Cajun Chicken Burger £ 15.00

Cajun chicken breast, coleslaw, lettuce, tomato, pickled cucumber and mayonnaise in a brioche bun served with either chunky chips or French fries (E/SU/G/MU)

Beef Burger £ 16.00

Homemade Beef Burger, lettuce, tomato, pickled cucumber, ketchup and mayonnaise in a brioche bun served with either chunky chips or french fries (SU/E/G/MU)

Add Extra

Caramelised Onions £1.00 / Nudeslaw £ 2.00 / Fried Egg £ 1.50 / Cheddar Cheese £ 1.50 / Halloumi £ 4.00 x / Bacon £3.00

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## NACHOS

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Naughty Nachos  £ 7.50

Corn tortilla chips served with guacamole, salsa, jalapenos and vegan coconut coriander yogurt (SU)

Cheesy Nachos  £ 11.00

Corn tortilla chips served with melted cheddar cheese or vegan cheese, guacamole, salsa and vegan coconut coriander vegan yogurt

Mexican Bean Nachos  £ 13.00

Corn tortilla chips served with burrito beans melted cheddar cheese or vegan cheese, guacamole, salsa and vegan coconut coriander vegan yogurt (D/S)

Beef Nachos £ 15.00

Corn tortilla chips served with ground beef melted cheddar cheese, guacamole, salsa and vegan coconut coriander vegan yogurt (D)

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## FRIES

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Chunky Chips  £ 4.00

Triple cooked chunky chips

French Fries  £ 3.50

Crispy french fries

Sweet Potato Fries  £ 4.50

Crispy coated sweet potato fries

Garlic chips  £ 5.00

Triple cooked chunky chips, seasoned with garlic salt and topped with garlic mayonnaise or vegan mayo (E).

Cheesy chips  £ 5.00

French fries topped with cheddar cheese or vegan cheese (D/SY).

Dirty Bacon Fries £ 7.50

French fries topped with bacon and melted cheddar cheese (SU/D).

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## KIDS MEALS

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Beef Burger £ 8.50

with French Fries (SU/E/G/MU)

Cheese Burger £ 9.50

with French Fries (SU/E/G/MU/D)

Cajun Chicken Burger £ 8.50

with French Fries (E/SU/G/MU)

Cheesy Nachos £ 7.50

Breaded Chicken Goujons £ 8.95

with French Fries and Salad (G/L/SU)

Buddha Bowl £ 8.50

Mixed salad leaves, sweet potato, avocado, tomatoes, cabbage, carrots, red pepper, cucumber and spring onions served with our nude dressing (SU/MU)

Hummus & Sticks £ 7.50

carrot, cucumber & peppers

Rude Food is Nude Food's naughty little sister, where Nude Food's focus is on healthy food with an emphasis on flavours, Rude Food likes to be naughty but does it with quality produce. As with everything in life there is a ying to every yang and a night to every day, so on your treat day go hard, go RUDE !!!

# NUDE FOOD

## LUNCH & DINNER

### STARTERS AND LIGHT BITES

- Stuffed Mushrooms** £ 10.00  
Mushrooms stuffed with sun-dried tomatoes, red peppers, red onions, served with mixed salad leaves and dressed in balsamic glaze (SU).
- King Prawns in Garlic Butter** £ 10.00  
Garlic prawns with garlic mayonnaise and mixed salad (CR)
- Salt-Baked Beets** £ 9.00  
Salt baked beetroot, mixed salad leaves, radish and feta, served with sweet potato crisps and Nude dressing (D/S/M)
- Smoked Salmon Bruschetta** £ 11.00  
Smoked salmon, cream cheese, rocket and red onion served on toasted sourdough and topped with black pepper (F/D/G)
- The HAPI** £ 11.00  
Halloumi, avocado, poached eggs and rocket, served on toasted sourdough and topped with seeds and balsamic glaze (D/E/SU).

### SMOOTHIE BOWLS

- Acai Bowl** £ 9.50  
Acai especial and banana topped with granola, coconut flakes, fresh fruit, and goji berries (G/TN)

### SALAD BOWLS

- Asian Poke Bowl** £ 13.00  
Brown rice, mixed salad leaves, avocado, carrot, cabbage, edamame, pickled cucumber, pickled ginger and wasabi served with a sweet soy dressing (SY/G/SU)
- Mexican Bowl** £ 13.00  
Steamed quinoa, mixed salad leaves, sweet potato, guacamole, tomato salsa, vegan coconut coriander yogurt, jalapenos and corn chips (SU)
- Buddha Bowl** £ 13.00  
Mixed salad leaves, sweet potato, avocado, tomatoes, cabbage, carrots, red pepper, cucumber and spring onions served with our nude dressing. (SU)
- Nude Bowl** £ 13.00  
Mixed salad leaves, hummus, avocado, tomatoes, cabbage, carrots, cucumber and red onion topped with seeds and served with a balsamic dressing (S/SU)

### TOPPINGS

Feta £ 4.00 / Halloumi £4.00 / Poached Egg £ 1.50 / King Prawns £7.00 / Salmon £9.50 / Cajun Chicken £ 5.00 / Steak Strips £ 10.00 / Tofu £4.00

- Berry Bowl** £ 9.50  
Strawberries, raspberries, blueberries and banana topped with granola, coconut flakes, fresh fruit, and goji berries (G/TN)

### WARM BOWLS

- Wholesome Bowl** £ 13.00  
Quinoa, spinach, broccoli, mushrooms, tomatoes, sweet potato, poached eggs or scrambled turmeric tofu topped with seeds and a balsamic glaze (E/SY/SU)
- Noodle Bowl** £ 13.50  
Rice noodles and stir fried vegetables in a soy, sesame, ginger and chilli sauce and topped with cashew nuts and spring onions (SY/S/TN)
- Curry Bowl** £ 13.00  
Thai masaman curry with vegetables, served with brown rice and topped with spring onions, crispy onions and chilli flakes and served with a toasted tortilla (SY/G)
- Burrito Bowl** £ 13.50  
Mexican beans and sweetcorn in a spicy tomato sauce served with brown rice and topped with guacamole, jalapeno peppers, vegan coconut coriander yogurt and tomato salsa (L)

### TOPPINGS

Feta £ 4.00 / Halloumi £4.00 / Poached Egg £ 1.50 / King Prawns £7.00 / Salmon £9.50 / Cajun Chicken £ 5.00 / Steak Strips £ 10.00 / Tofu £4.00

- Tropical Bowl** £ 9.50  
Mango, pineapple and banana topped with granola, fresh fruit, coconut flakes and goji berries (G/TN)

### OPEN WRAPS

- Rainbow Wrap** £ 9.50  
Hummus, carrot, cabbage, mixed leaves, red onion, pepper and avocado served in an open tortilla wrap and dressed with a nude dressing (G/SU)
- Feta Wrap** £ 11.00  
Feta, sweet potato, sun dried tomatoes, red onion and rocket served in an open tortilla wrap and dressed with a balsamic glaze (D/G/SU).
- Prawn Wrap** £ 11.00  
Atlantic prawns, lemon mayonnaise, mixed leaves, tomato, pickled cucumber and pickled ginger served in an open tortilla wrap and dressed with lemon and a nude dressing (CR/SU/G).
- Cajun Chicken Wrap** £ 12.00  
Cajun chicken, red onion, carrot and rocket with a coriander vegan yogurt served in an open tortilla wrap and dressed with a balsamic dressing (G/SU).

All smoothie bowls come with honey or maple syrup on top.

 Vegan option available

Allergens - C - Celery / G - Gluten / CR - Crustaceans / E - Egg / F - Fish / L - Lupin / D - Dairy / M - Molluscs / MU - Mustard / PN - Peanuts / S - Sesame / SY - Soy / SU - Sulphites / TN - Tree nuts

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# RUDE FOOD

## LUNCH & DINNER

### STARTERS AND LIGHT BITES

**Cauliflower Fritters** £ 9.50  
Crispy cauliflower fritters, made with gluten free flour, with a mango and chili chutney and Cajun mayonnaise (SU)

**Sticky Chicken Wings** £ 9.50  
Sticky chicken wings with a crispy slaw, mixed salad and dressed with a sweet soy dressing (G/SY)

**Bang Bang Chicken** £ 9.50  
Crispy chicken pieces dressed with a bang bang sauce served with crispy salad and coriander yoghurt (SY/S/SU/TN/G)

**Devilled Eggs** £ 10.00  
2 fried eggs, halloumi and avocado served on toasted sourdough and served with a siracha sauce (E/D/G)

**The Bad Ass** £ 11.50  
Steak strips, cheddar cheese, caramelised onions, avocado, tomatoes and spinach served on a open tortilla wrap (D/G)

### BURGERS

**Plant Burger** £ 14.00  
Beetroot and quinoa burger, with vegan cheese, lettuce, tomato, pickles and a vegan mayo in a sourdough bun and served with either chunky chips or french fries (S/SU/G)

**Halloumi Burger** £ 15.00  
Grilled Halloumi and a field mushroom in a with lettuce, tomato, pickled cucumber and mayonnaise in a brioche bun served with either chunky chips or french fries (D/SU/G)

**Cajun Chicken Burger** £ 15.00  
Cajun chicken breast, coleslaw, lettuce, tomato, pickled cucumber and mayonnaise in a brioche bun served with either chunky chips or french fries (E/SU/G)

**Beef Burger** £ 16.00  
Homemade Beef Burger, lettuce, tomato, pickled cucumber, ketchup and mayonnaise in a brioche bun served with either chunky chips or french fries (SU/E/G)

### Add Extra

Caramelised Onions £1.00 / Nudeslaw £ 2.00 / Fried Egg £ 1.50 / Cheddar Cheese £ 1.50 / Halloumi £ 4.00 x / Bacon £3.00

### NACHOS

**Naughty Nachos** £ 7.50  
Corn tortilla chips served with guacamole, salsa, jalapenos and vegan coconut coriander yogurt (SU)

**Cheesy Nachos** £ 11.00  
Corn tortilla chips served with melted cheddar cheese or vegan cheese, guacamole, salsa and vegan coconut coriander vegan yogurt

**Mexican Bean Nachos** £ 13.00  
Corn tortilla chips served with burrito beans melted cheddar cheese or vegan cheese, guacamole, salsa and vegan coconut coriander vegan yogurt (D/S)

**Beef Nachos** £ 15.00  
Corn tortilla chips served with ground beef melted cheddar cheese, guacamole, salsa and vegan coconut coriander vegan yogurt (D)

### FRIES

**Chunky Chips** £ 4.00  
Triple cooked chunky chips

**French Fries** £ 3.50  
Crispy french fries

**Sweet Potato Fries** £ 4.50  
Crispy coated sweet potato fries

**Garlic chips** £ 5.00  
Triple cooked chunky chips, seasoned with garlic salt and topped with garlic mayonnaise or vegan mayo (E).

**Cheesy chips** £ 5.00  
French fries topped with cheddar cheese or vegan cheese (D/SY).

**Dirty Bacon Fries** £ 7.50  
French fries topped with bacon and melted cheddar cheese (SU/D).

### KIDS MEALS

**Beef Burger** £ 8.50  
with French Fries (SU/E/G/MU)

**Cheese Burger** £ 9.50  
with French Fries (SU/E/G/MU/D)

**Cajun Chicken Burger** £ 8.50  
with French Fries (E/SU/G/MU)

**Cheesy Nachos** £ 7.50

**Breaded Chicken Goujons** £ 8.95  
with French Fries and Salad (G/L/SU)

**Buddha Bowl** £ 8.50  
Mixed salad leaves, sweet potato, avocado, tomatoes, cabbage, carrots, red pepper, cucumber and spring onions served with our nude dressing (SU/MU)

**Hummus & Sticks** £ 7.50  
carrot, cucumber & peppers

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