



BREAKFAST

8 - 11.30

Toasted Artisan Bread (v/vg available) Handmade bread, butter Jam, marmalade or honey	4.0	Black Bean Tostada (v/vg available) Refried beans, smashed avocado, soft poached eggs, crisp flatbread, chilli lime mayo - Add chorizo 2.2	15.0
Toasted Artisan Teacake (v) Handmade enriched dough, house glaze Jam, marmalade or honey	4.0	Full Breakfast Eggs your way, Frost's back bacon, Frost's Old English sausage, field mushroom, Frost's black pudding, roast tomato, baked beans, artisan toast.	14.9
Warm Croissant (v) - Jam + Butter - Nutella - Ham + Cheese +2.0	5.5	Herbivore Breakfast (vg) Tofu scramble, confit tomato, field mushroom, wilted spinach, crushed avocado, potato cake baked beans, artisan toast	14.9
Homemade Porridge Fruit compote, toasted hazelnuts	7.5		
Scrambled Eggs (v) Toasted artisan bread - Add beetroot + gin cured salmon 2.5 - Add Frosts's bacon/sausage 2.0	8.0		
Sandwich Frost's back bacon or sausage, handmade bread - Add egg 1.0	7.5		
Eggs Benedict Thick cut ham, toasted handmade muffin, house hollandaise	12.0		
Eggs Florentine (v) Wilted spinach, toasted handmade muffin, house hollandaise	11.5		
Eggs Royale Gin cured smoked Scottish salmon, toasted handmade muffin, house hollandaise	12.0		
French Toast Handmade casino loaf, - Caramelised banana, hazelnut crunch OR - Winter compote, fresh berries	14.5		

BRUNCH

8 - 11.45 / 12 - 3

Croque Madame Handmade casino loaf, thick cut ham, cheese, béchamel, fried egg (Allow 20mins)	12.0
Salt Beef Hash House cured salt beef, potato, pickles, soft poached egg, rocket	13.2
Moroccan Eggs (v/vg available) Tomato and warm spice baked eggs, sumac yoghurt, homemade griddled flatbread - Add chorizo 2.2	12.1
Handmade Potato Cakes (v/vg available) Two poached eggs, wilted spinach, roast tomato - Add whiskey + marmalade glazed ham or dry cured back bacon 2.0 - Add beetroot cured salmon 2.5	12.0
Crushed Avocado on Toast (v/vg available) Basil, lime, chilli, soft poached eggs	10.8

Every dish we make is freshly prepared in small kitchens and bakeries that handle allergens and each dish contains ingredients that are prepared externally. For this reason, we CANNOT GUARANTEE the absence of any allergens in any of our dishes. Customers with life-threatening allergies and intolerances must take this significant risk into consideration before choosing to dine with us. If you have any additional enquiries, please speak to a manager.



LUNCH 12 - 3

SMALL PLATES

Chicken Liver Parfait	11.0
Beetroot chutney, toasted artisan bread, mixed leaf	
Homemade Hummus (vg)	9.0
House salad, olive oil, toasted homemade flatbread	
Soup of the Day	8.5
Handmade bread + butter	
Hand Cut Chips (vg)	5.0
Homemade garlic mayo + fermented chilli ketchup	

MAINS

Superfood Salad (vg)	11.9
Roasted beetroot, butternut squash, toasted pecans, quinoa	
Black Bean Bowl (v/vg available)	15.0
Refried beans, smashed avocado, chilli lime mayo, soft poached egg, baby spinach, warm flatbread	
- Add chorizo	2.2
- Add chicken	2.0
ATN Burger	14.9
House brioche, Frost's 5oz patty, house burger sauce, caramelised onion, smoked Monterey Jack, hand cut chips. (Allow 20mins)	
- Add bacon	1.0
- Double up patty	2.5
Buttermilk Chicken Burger	14.9
House brioche, buttermilk fried breast, baby gem, smoked Monterey Jack, Cajun mayo, hand cut chips (Allow 20mins)	
- Add bacon	1.0

SANDWICHES

Served with dressed house salad	
- Add hand cut chips	2.5
- Add soup	2.5
BLT	9.5
Streaky bacon, fresh plum tomato, crisp gem, mayonnaise	
Roast Beef + Horseradish	9.5
Slow roast topside, horseradish crème fraiche, rocket	
Cheese + Chutney (v)	9.0
Extra mature cheddar, homemade red onion chutney, rocket	
Bhaji Wrap (vg)	12.5
Spinach and onion bhaji, curry mayo, hot mango salsa, baby spinach, rainbow slaw	

FOCACCIA

Served with dressed house salad	
- Add hand cut chips	2.5
- Add soup	2.5
French Dip	14.8
Roast topside, Montagnolo cheese from the deli, caramelised shallot, dipping gravy	
Mushroom + Swiss Melt	12.7
Field mushroom, Emmental, caramelised shallot, spinach, pesto	
Prawn + Avocado	14.0
Fresh water prawns, smashed avocado, chilli lime mayo, little gem	
Falafel (vg)	12.9
Homemade falafel, homemade hummus, spinach, piccalilli	

SHARING BOARDS

Ploughman	28.0	Herbivore (v/vg available)	28.0
Whiskey + marmalade glazed ham, chicken liver parfait, homemade pork pie, artisan cheese, pickled onion, chutney, piccalilli, artisan bread, rocket salad. Serves two.		Hummus, spinach + onion bhaji, goat cheese frijoles, falafel, beetroot chutney, sun blushed tomato, olives, rocket salad, warm flatbread. Serves two.	

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