FOOD & DRINK
MENU

Tea & Coffee

We proudly serve Heart & Graft Coffee, roasted right here in Manchester. Legends of the local coffee scene, their passion for quality and ethical sourcing shines through every cup.

Espresso	3.4
Macchiato	3.65
Flat White	4.2
Cappuccino	4.3
Chai Latte	4.6
Bird & Blend Tea	3.2
Americano	3.65
Cortado	3.75
Latte	4.3
Pistachio Latte	4.7
Mocha	4.7

Great British Cuppa, Earl Grey Creme, MojiTEA Green Tea, Sunny Sencha Green Tea, Lemon & Ginger, Peppy Mint, Dozy Girl, Strawberry Lemonade, Gingerbread Chai, Rhubarb & Custard, Moondrop Dreams, Cold Weather Warrior, Peach Soda

Hot Chocolates

Hot Chocolate Heaven. Thick, rich, and unapologetically extra.
A mountain of cream, a drizzle of chocolate sauce, and all the marshmallows. Fully fabulous in vegan form, too.

Classic	4.5
Biscoff	5

Topped with cream, Biscoff sauce and crushed biscuit

Chai	5
Mini Egg	5

Finished with cream then topped with crushed mini eggs and chocolate sauce

Matcha

Made with 100% pure matcha for a smooth, vibrant flavour and natural energy lift. Expertly whisked to bring out its earthy sweetness, and available hot or iced for the perfect moment of calm in your day.

Matcha Latte	4.5
Lavender Matcha	5
Rhubarb Match	5
Blueberry Matcha	5
Vanilla Matcha	5
Pistachio Matcha	5

Iced Drinks

We use the same Heart & Graft Coffee for our iced drinks, roasted right here in Manchester and brewed to perfection. Smooth, bold, and refreshing, it's the same legendary flavour, just chilled.

Caramel Latte	4.8
Chai Latte	4.7
Chocolate	4.5
Chocolate Chai	5
Peach Tea with Mango Boba	4.5
Americano	3.65
Latte	4.3
Pistachio Latte	4.8
Mocha	4.5

Frappes

Our frappés are blended smooth and icy, available with or without a hit of Heart & Graft Coffee. Cool, creamy, and seriously satisfying, the perfect pick-me-up on any day.

Blueberry Matcha	5.2
Chocolate & Pistachio	5.2
Salted Caramel	5.2
Biscoff	5.2
Strawberries & Cream	5.2
Mango & Coconut	5.2

Extras

From alternative milks to flavoured syrups, we've got everything you need to make your perfect cup. Because great coffee should always suit your taste.

Alternative Milks
Alpro Coconut, Oat - 30p

Syrups
Banana, Caramel, Chai Tea, Cherry, Elderflower, Hazelnut, Kiwi, Maple Spice, Pistachio, Rhubarb, Vanilla, White Chocolate - 50p

Breakfast & Brunch

Monday - Thursday 9am till 4pm
Friday - Sunday 9am till 5pm

The Granola (V) (GF) — 6.5

Crunchy house granola with creamy peach yoghurt, blueberry compote and a crown of fresh seasonal berries.

Strawberry & Almond French Toast (VG) — 12

Thick-cut French toast with strawberry compote, toasted almond flakes and plant-based vanilla ice cream.

Triple Banana Pancakes (VG) — 13

Fluffy banana pancakes topped with maple caramelised bananas, crunchy banana chips and served with a plant-based vanilla ice cream.

Belgian Style Chocolate Orange Waffles (VG) — 13

Crisp waffles topped with a plant-based vanilla ice cream, citrus segments, dark chocolate shavings and orange syrup. Gluten free option available.

Belgian Style Waffles with Sausage & Egg — 14

Crispy Belgian style waffles piled with Cumberland sausage, two fried eggs, pomegranate seeds, and maple syrup. Gluten free option available.

Brie & Sweet Chilli Sourdough Toasted Sandwich (V) — 7.5

A golden sourdough toastie layered with creamy brie and sweet chilli chutney, served with a side of house pickles.

Eggs Your Way on Sourdough (V) — 7.5

Your choice of poached, fried, or scrambled eggs on, finished with harissa-infused garlic oil and crisp apple-cider & a side of house pickles.

Garlic Oyster Mushrooms on Toast (V) — 10

Creamy garlic oyster mushrooms and sautéed kale topped with a poached egg, served on a toasted brioche slice.

Custom Creation Avo Smash (VG) — 7.5

A piled-high avocado smash on toasted sourdough with house pickles. Customise and add for just £2.50 each:

- 2 poached eggs
- Slow roasted pork belly
- Cumberland sausage
- Grilled Chorizo
- (VG) Grilled tempeh
- Small cut vegan bacon

Tahini Yoghurt Turkish Eggs Ⓥ — 13

Soft eggs served over creamy tahini yoghurt, topped with harissa chilli oil and capers, with toasted rosemary focaccia.

Crispy Sweetcorn Fritters Ⓥ — 13

Crispy sweetcorn fritters topped with grilled halloumi, pomegranate, tahini yoghurt, and a harissa chilli oil drizzle.

Chorizo, Kale & Baby Potato Hash — 13

Baby new potato hash with chorizo and kale, topped with a fried egg, crispy onions and sweet chilli chutney.

Creamy Sage & Miso Gnocchi VG — 12

Soft gnocchi coated in a velvety sage-miso sauce with oyster mushrooms and chestnuts.

Pearl Barley Risotto with Asparagus & Green Peas — 13

Creamy pearl barley risotto with tender asparagus and sweet green peas, finished with fresh parsley gremolata.

Charred Asparagus & Beet Salad Ⓥ GF — 9

Charred asparagus and beetroot with citrus segments and pickled fennel, finished with a miso-maple dressing. With grilled halloumi or go vegan with grilled tempeh.

Pulled BBQ Chicken Bun — 13

Slow-cooked pulled BBQ chicken with fresh homemade summer slaw in a soft brioche bun.

The Full Refuge — 14.5

A full, indulgent plate of slow-roasted pork belly, Cumberland sausage, fried egg, grilled oyster mushrooms, cherry tomatoes, smoked chipotle beans, and toasted sourdough.

The Full Vegan Refuge VG — 14.5

A fully plant-based big breakfast with grilled tempeh, vegan bacon, avo smash, grilled oyster mushrooms, cherry tomatoes, smoked chipotle beans, and toasted sourdough.

All The Extras

Cumberland sausage	2.5
Slow roasted pork belly	3
Grilled chorizo	2.5
Poached, fried or scrambled egg	2
Grilled halloumi	2.5
Smashed avocado	3
Vegan bacon	2.5
House pickles	1.5
Regular toast or GF sourdough	2.5
Grilled tempeh	2.5

VG Vegan Ⓥ Vegetarian GF Gluten Free

While we take every care to reduce cross-contamination, due to the size of our kitchen, cross-contamination may occur. Please make sure you inform us about any allergies while placing your order.

Draft

We've curated a line-up of premium lagers from around the world and a standout IPA that share our values. Quality, character, and flavour that doesn't compromise. Great beer, chosen with care.

Guinness	7.2
1664 Blanc	7.1
Estrella Damm	7
Sapporo	7
Brooklyn Pilsner	6.95
Stonewall Inn IPA	6.9
Shipyard Pale Ale	6.9
Somersby Cider	6.9

Bottled

They're bottled. They're cold. They're wet. What more do you want. a love story?

Corona	4.8
Desperados	5.2
Peroni Gluten Free	5.2
Old Mout Cider	5.2
Apple & Strawberry, Pineapple & Raspberry, Kiwi & Lime, Berries and Cherries	
WKD Blue	4.5
Birra Moretti 0%	4.8
Guinness 0%	6
Old Mout Cider 0%	5.2

Soft Drinks

Draft Coca-Cola	3.3
Lemonade	3.3
Flavoured Lemonades	3.8
Blood Orange, Cloudy Lemon, Elderflower, Kiwi, Lavender, Peach	
J20	3.25
Orange/Apple Juice	2.25
Bottled Fanta	2
Bottled Water	1.4
Redbull / Celsius	2.5
Activit	2.5

Schweppes® Coca-Cola

COCKTAILS

£12 - 2 FOR 1

11AM TILL 7PM EVERYDAY
2 OF THE SAME COCKTAIL

Crafted with top-shelf spirits and plenty of flair, our cocktails are all about quality and good times. Two of the same, all yours, because one cocktail is never enough.

SIGNATURE

Cherry Negroni
Gin, Campari, sweet vermouth, stirred, over ice with a hint of cherry.

Spicy Margarita
Tequila, triple sec, lime juice, hot honey & salted rim.

Maple Fashioned
Whiskey, maple sugar, bitters, orange slice, over ice.

SPRITZ

Aperol Spritz
Prosecco, Aperol, soda water, orange slice, served over ice.

Pimms Spritz
Prosecco, Pimms, lemonade, orange slice, over ice.

Pornstar Spritz
Prosecco, Aperol, Passionfruit purée, soda water.

CLASSICS

Espresso Martini
Espresso, Absolut vodka, Kahlúa, shaken & sweetened.

Mojito
White rum, mint, lemon, and soda water.

Margarita
Tequila, triple sec, lime juice, salted rim.

Tequila Sunrise
Tequila, triple sec, orange juice, lime, grenadine, served over ice.

Mai Taii
White rum, orange, lime, almond syrup, topped with dark rum.

Spiced Mule
Rum, ginger beer, lime juice, bitters, mint, spiced syrup.

Passionfruit Martini
Passionfruit purée, Absolut vodka, lime juice, syrup, shaken.

Long Island
Vodka, rum, gin, tequila, triple sec, lime juice, Coca-Cola.

Paloma
Tequila, grapefruit, soda, lime juice, salt, ice, syrup.

WINES

White

Ponte Pinot Grigio 19
Very light and neutral, revealing just a hint of green fruit 5 / 6.50 / 9

Millstream Chenin Blanc 19
Light and fresh with an attractive quince and pear character 5 / 6.50 / 9

Picpoul de Pinet 26
A dry and light-bodied white with balanced fruit and freshness 7 / 9 / 12

Inviniti Sauvignon Blanc 29
Crisp and refreshing dry white with lime character 8 / 11 / 14

Albarino Valdocea 29
Lovely floral and exotic fruit aromas are followed by a zingily fresh and dry taste 8 / 11 / 14

Red

Millstream Cinsault Ruby 19
Medium-bodied with ripe berry and spice flavours 5 / 6.50 / 9

Dead Mans Dice Malbec 24
Deep and vibrant with an intense nose of plum & dark chocolate 6.50 / 8.50 / 11

Medievo Crianza Rioja 24
Cedary Rioja with delightful fruity flavour and a touch of oak 6.50 / 8.50 / 11

Pocket Watch Shiraz 24
A full body with good intensity of black cherry & blackberry fruit 6.50 / 8.50 / 11

Vitti Primitivo 29
An impressively intense and complex liquorice tart and dark fruit full bodied red 8 / 11 / 14

Rosé & Orange

Millstream Rosé 19
A fruity and friendly medium-dry pink glugger 5 / 6.50 / 9

Domaine De La Baume 26
This stunning orange is broad and intense on the nose and shows ripe fruit 7 / 9 / 12

Sparkling

Terre del Doge Prosecco 19
Beautiful creamy taste of wine is filled with fresh fruit notes, floral and nutty tones, subtle hints of candied fruit 6.50

Veuve Clicquot Yellow Label Brut 60
Fresh taste with fruity notes. The finish is long lasting with tones of colours. In the long aftertaste clearly distinguished notes of fruit and spice.