

# T. rex Grill

All of the meat served in T. rex Grill is reared and sourced here in the UK. Our chickens are free-range and we only use cage-free eggs and egg products. We also serve sustainably managed fish and have signed the Sustainable Fish City pledge.

## Grills

Served with healthy slaw and either fries or mixed salad

**Sirloin steak** ..... £16  
Grilled sirloin steak, garlic butter

**Full rack of ribs to share/half rack** ..... £24/£14  
Marinated baby back ribs, BBQ glaze

**Grilled beef burger** ..... £10  
Beef burger, baby gem lettuce, pickle, tomato, brioche bun

**T. rex burger** ..... £15  
Double beef burger, cheddar cheese, bacon, caramelised onion, BBQ sauce, baby gem lettuce, pickle, tomato, brioche bun

**Grilled chicken burger** ..... £13  
Free range chicken burger, bacon, avocado, lettuce, tomato, brioche bun

**Beetroot falafel pitta (V)** ..... £10  
Falafel, guacamole, hummus, baby gem lettuce, tomato, pitta bread

**All of our grill dishes can be served without the bun, just let your server know.**

**Extras:** ..... £1 each  
Cheddar cheese, blue cheese, bacon, guacamole, caramelised red onion

## Stone baked pizza

**Margherita (V)** ..... £10  
Tomato sauce, mozzarella, oregano

**Artichoke and pepper (V)** ..... £11  
Roasted pepper, red onion, tomato, artichoke, mozzarella, basil pesto

**Pepperoni** ..... £12  
Pepperoni, tomato, roquito pepper and mozzarella

**Ham and Mushroom** ..... £12  
Pulled ham hock, mushroom, tomato sauce, mozzarella, oregano

## Salads

**Caesar salad** ..... £10  
Little gem, croutons, parmesan, Caesar dressing

**Add chicken, blackened salmon or prawn** ..... £13

**Vegan super food salad** ..... £10  
Baby spinach, kale, quinoa, roasted beetroot, roasted butternut squash, edamame, sprouts, French dressing

**Add chicken, blackened salmon or prawn** ..... £13

**Crudités and dips (V)** ..... £10  
Carrot, cucumber, radish, peppers, cherry tomato, pitta bread, hummus, baba ganoush

## Sides

**Skin-on fries** ..... £3

**Mixed salad** ..... £3

**Healthy coleslaw** ..... £3

**Iceberg wedge with bacon and blue cheese dressing** ..... £3

## Desserts

**Chocolate molten volcano cake (V)** ..... £5  
Chocolate, toffee sauce, cake crumbs, popping candy, vanilla ice-cream

**Toffee sundae** ..... £5  
Vanilla ice cream, toffee sauce, marshmallows, cream

**Dino eggs and ice cream (V)** ..... £5  
Chocolate mini eggs, vanilla ice cream, chocolate shavings

**Triceratops plate to share (V)** ..... £12  
Volcano cake, toffee sundae, dinosaur eggs, chocolate dinosaur, vanilla ice cream

**Tiramisu (V)** ..... £5  
Coffee, sponge finger, chocolate, cream, mascarpone

**Seasonal fruit platter (V)** ..... £4  
Mixed fruits, yoghurt

## Set Menu

**Main, dessert and soft drink** ..... £16  
Add £3 for sirloin steak

**Two to Share** ..... £35  
Full Rack, trio dessert and any two drinks

We use a wide range of ingredients in our kitchens, some of which may contain allergens. If you have a specific allergy or dietary requirement please let us know. We would love to tell you what's in our food to assist you with your choice.

# Drinks

## Wine

### White

	125ml	175ml	750ml
Macabeo DO Yacla, La Casona De Castano, Murcia, Spain 2014	£3.50	£4.75	£18
Sauvignon Blanc, Villa Montes, Valle Centrale, Chile 2014	£4	£5.75	£22

### Rosé

Monastrell Rosado DO Yacla, La Casona De Castano, Murcia, Spain 2014	£3.50	£4.75	£18
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### Red

Monastrell DO Yacla, La Casona De Castano, Murcia, Spain 2014	£3.50	£4.75	£18
Rioja Tempranillo, Senorio de Unuela, Rioja, Spain 2013	£4	£5.75	£22

## Draught beer

### Half pint/pint

Heineken draught beer, 5% ABV	£3/£5
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## Bottled beer and cider

Meantime London lager 330ml, 4.3% ABV	£4.50
Meantime pale ale 330ml, 4.3% ABV	£4.50
Bulmers apple cider 500ml, 6.5% ABV	£5
Bulmers pear cider 500ml, 6.5% ABV	£5

## Soft drinks

Still/sparkling mineral water 330ml	£2
Still/sparkling mineral water 750ml	£3
Coke	£2
Diet Coke	£2
Sprite	£2
Fanta Orange	£2

## Smoothies and juices

Strawberry and banana smoothie	£4
Fresh orange or apple juice	£3

## Hot drinks

Pot of loose leaf tea	£2.80
Garden berries, Earl grey, Chamomile flower, Elderflower and lemon, Ginger and lemon, Peppermint	

## Coffee

Espresso	£2.25
Double espresso	£2.75
Macchiato	£2.35
Double macchiato	£3
Americano	£2.80
Latte	£3
Cappuccino	£3
Flat white	£3
Hot chocolate	£3.20
Mocha	£3.20
Iced latte	£3.20

Soya milk available

## Extras

Extra shot	80p
Syrup	80p

What are the dinosaurs at the entrance to the T. rex grill?

### Velociraptor

Dog-sized *Velociraptor* was much smaller and lighter than its relative *Deinonychus* when fully grown. *Velociraptor* hunted in dry sandy deserts in Mongolia 80 million years ago, using its long tail and spectacular feathers to balance and the large claws on its hind legs to attack its prey.

### Deinonychus

*Deinonychus* lived in swampy deltas and floodplains in North America between 120–110 million years ago in the Early Cretaceous Period. Its name means terrible claw after the impressive talons on its feet.