



Grounded Breakfast & Lunch

Served from 9.00am to 4.00pm

All-Day Breakfast Specials – all specials are prepared as shown.

We don't mix & match or pick & mix and we don't take requests. Thank you

Toasted teacake or 2 slices of granary toast with butter & Jam	£1.95
Double Heinz Baked Beans on toast	£2.95
BLT on granary bread with salad garnish	£3.95
Bacon sandwich on granary bread	£2.95
Double bacon and fried free range eggs (or) double fried free range eggs and beans on granary toast	£4.95
Smoked salmon (Or) goats cheese and scrambled eggs with spinach on bruschetta	£5.95
Side order of Heinz Baked Beans	50p

Paninis and Sandwiches - served with salad garnish

Breakfast panini with bacon, mushroom and cheddar	
Anchovy, mushroom, cheddar	
Tuna, sweetcorn, cheddar	
Mozzarella, tomato, basil	
Mediterranean roasted vegetables and pumpkin seeds	
Smoked ham, cheddar and dijon mustard	
Brie, bacon and cranberry	
Goats cheese, caramelised red onions and olives	£4.95

Salads

Grilled goats cheese with caramelised red onions	
Pan-fried chicken caesar salad	
Avocado & bacon with mango coulis	£5.85

Oven baked Sweet Jacket Potato

Tuna mayonnaise & sweet corn	
Mediterranean vegetables, humous & pumpkin seeds	
Greek salad with feta, olives and tomatoes	£5.95

Grounded Kids

Served from 9.00am to 4.00pm

Macaroni Cheese with cherry tomatoes & spinach	£3.95
Sweet Jacket Potato with cheese & Beans	£3.50
Heinz Beans on Granary Toast	£2.50
Ham egg & Chips	£3.95
Kids Pizza with cheese & Tomato (after 5.00pm)	£4.25
Babychino – frothy milk with chocolate sprinkles	FREE

Redfield

287 Church Road,
Redfield, Bristol, BS5 9HT

0117 955 5668

www.cafegrounded.co.uk

Bedminster

66-68 Bedminster Parade,
Bedminster, Bristol, BS3 4HL

0117 923 1000



About Grounded

The Grounded Community

Community is the drive behind Grounded's raison d'être. Historically, community was based around the local church, this moved on to the local pub on every high street but now, more often than not, it's the local café. Many don't hit the mark but Grounded's mission is clear: local, passionate, committed staff who all have the drive to provide the best café locale they can.

Locally sourced food and drink

We do our best to use local suppliers and provide locally sourced food and drink. We use John Sheppard Butchers in St Phillips, Herberts Bakeries in St Werburghs, Clifton Coffee and Luscombe for our organic drinks. The only exception we make is for Salvo, our Italian supplier. They bring us genuine Italian cheese, flour and meats all the way from Italy and this is the only way Grounded can ensure the best Pizza possible.

Environmentally sound

At Grounded, we do everything possible to recycle our waste whether its cardboard, plastic, glass or even the daily papers. In fact, the whole of the inside is completely fitted out with recycled items. The flooring came from two houses down the road, the bar is made up of old doors and pew seats and the wine is displayed in old draws. The tables came from a science lab in the local school and the chairs are a mixture of chairs from the magistrates and church pews.

Investing in local artists

We are big fans of local artists, photographers and musicians and as long as you're local, you can exhibit your art or photographs for free with no commission on sales, or perform evening gigs. You'll always see different and diverse art displayed on the walls and hear some great music in the evenings. You won't hear any karaoke or cover bands at Grounded only contemporary, Jazz, Folk, Blues and Classical performed by some of Bristol's up and coming artists.

Everyone is welcome

Grounded boast great Disabled facilities and baby changing facilities and both Groundeds have been nominated for welcome places for mums to breast feed. Kids are all part of our lives and shouldn't be excluded. Grounded particularly welcomes families and you'll find some games and toys in the toy box as well as some colouring-in books on the book swap shelves.

Facebook

Grounded has a great fan base on Facebook and if you'd like to hear about what's going on at either Grounded first then why not become a fan.

Redfield

287 Church Road,
Redfield, Bristol, BS5 9HT

0117 955 5668

www.cafegrounded.co.uk

Bedminster

66-68 Bedminster Parade,
Bedminster, Bristol, BS3 4HL

0117 923 1000