

# gROUnDeD

## *Café, bar, live music, art exhibitions*

By day, Grounded is a bustling café serving organic fair-trade coffee & teas, continental breakfasts and homemade lunches with changing daily specials.

In the evening, the lights go down and the music goes up and Grounded evolves. We serve tapas, our specials and Grounded's famous stone baked pizzas.

A warm, relaxing and inviting atmosphere with a period Victorian feel, a unique garden seating area that must be seen. All the family welcome.

For the latest information on **live music** and **art exhibitions** go to [www.cafegrounded.co.uk](http://www.cafegrounded.co.uk) or search **Facebook** for **Café Grounded**.

### *Redfield*

287 Church Road,  
Redfield, Bristol, BS5 9HT

**0117 9555668**

### *Bedminster*

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

**0117 9231000**

[www.cafegrounded.co.uk](http://www.cafegrounded.co.uk)

Call to make a reservation or book a party.

Introducing...

# gROUnDeD

*At Home*

Order from our Grounded at home menu  
or have our Grounded at home special:  
Tapas for two, Any large Pizza, any salad,  
a garlic bread, and desert for two: £24.00

All pizzas are handmade, stone baked and topped with homemade tomato sauce, fresh oregano, black pepper and mozzarella.

**Tapas**

Whole olives marinated in lemon, tarragon, chilli, peppercorns, parsley, thyme £2.60 & oregano; Spicy chilli peppers stuffed with feta cheese; Sun-dried tomatoes stuffed with garlic, anchovy and capers; Mixed stuffed olives; Dolmades - stuffed vine leaves

<b>Veggie</b>	<b>12"</b>	<b>14"</b>
1 Margherita - <i>Keep it simple with mozzarella, tomato sauce &amp; olive oil</i>	£7.25	£9.25
2 Red Rocket - <i>Caramelised red onion, sun-dried tomatoes with olives, rocket &amp; parmesan</i>	£9.25	£11.25
3 Gorgonzola Rock'n'Rolla - <i>Gorgonzola, porcini mushrooms, garlic oil &amp; rocket</i>	£11.25	£13.25
4 Cheesy Rider - <i>Brie, gorgonzola, spicy provolone and olives</i>	£10.25	£12.25
5 Club Med - <i>Mediterranean vegetables with pine nuts, artichoke and hummous</i>	£10.25	£12.25
6 Billy No Meats - <i>Goats cheese, feta, rocket, caramelised red onion, olives &amp; olive oil</i>	£10.25	£12.25
7 Deli Heaven - <i>Mixed peppers, hummous, sun-dried tomatoes, capers, artichoke &amp; garlic oil</i>	£11.25	£13.25

**Vegan cheese and wheat free /gluten free pizza available on request**

**Fishy**

8 Clam Fandango - <i>Clams, spring onion &amp; smoked pancetta</i>	£11.25	£13.25
9 Grounded Gumbo - <i>King prawn, fresh chillies &amp; garlic oil</i>	£11.25	£14.25
10 Octopus' Garden - <i>Fruit de Mer with garlic oil, chillies and pesto</i>	£11.25	£13.25
11 A Fishful of Dollars - <i>Anchovies, sun-dried tomatoes, capers, chillies &amp; mushrooms</i>	£11.25	£13.25
12 Posh Nosh - <i>Smoked salmon &amp; cream cheese calzone with coriander, spinach &amp; spring onion</i>	£11.25	£13.25

**Meaty**

13 Club Tropicana - <i>Ham, pineapple &amp; mixed peppers</i>	£9.25	£11.25
14 Lucky Luka's Fantastic Boombastic - <i>Italian pepperoni, chicken, smoked pancetta, mushroom, red onion, parmesan &amp; garlic oil</i>	£12.25	£14.25
15 Indian Summer - <i>Chicken tikka, mixed peppers &amp; chilli oil</i>	£11.25	£14.25
16 Sgt. Pepperoni - <i>Pepperoni, ventricella, mixed peppers, chilli, olives &amp; garlic oil</i>	£10.25	£12.25
17 Heaven Seventeen - <i>Ham and mushroom with olives</i>	£10.25	£12.25
18 The Hogfather - <i>Ham and mushroom calzone with salami milano, mascarpone &amp; olive oil</i>	£11.25	£13.25
19 Green, Eggs & Ham - <i>Ham and spinach with egg yolk and olive oil</i>	£11.25	£13.25
20 Poulet Vous - <i>Chicken, brie, salami milano, pesto, olives, artichoke and garlic oil</i>	£11.25	£13.25
21 Chicken Licken & Billy the Kid - <i>Chicken, goats cheese, sun-dried tomatoes, caramelised red onions &amp; olives</i>	£11.25	£14.25

**Extra toppings available**

Olives, red onion, sun-dried tomatoes, fresh chillies, goats cheese, brie, gorgonzola, capes, mushrooms, pineapple or artichoke	£1.00 each
Ham, pepperoni, smoked pancetta, chicken, salami milano, clams, prawns, anchovies, smoked salmon	£1.50 each

**Garlic bread**

Garlic pizza bread	£3.95
Garlic pizza bread with mozzarella	£4.50

**Salads**

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

**Desserts**

A selection of homebaked cakes and desserts.	From £1.80
Please ask for more information.	

Gluten free, wheat free and dairy free available.

Local delivery available for just £1