



FOOD MENU SUITABLE FOR A HALAL DIET

This menu contains dishes that are vegetarian, vegan, have no alcohol-containing ingredients and chicken that is halal certified. We follow strict cross-contamination control procedures, and Halal chicken is prepared and cooked separately to order.

MAIN MENU

Served from 11am

OLIVES £5.00 (VG NG)
Mixed marinated olives **133 kcal**

PADRON PEPPERS £5.00 (VG NG)
Pan-fried with sea salt **102 kcal**

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BRUNCH

HUEVOS RANCHEROS £14.00 (V)
Soft tortilla with mushrooms, black beans, sweetcorn, cheese, smashed avocado, pico de gallo, cayenne ranch and fried eggs **926 kcal**

VEGGIE BRUNCH PLATE £15.50 (V NG)
Smashed avocado, veggie sausages, mushrooms, roasted plum tomato, seasoned fries, baked beans and eggs
Choose: Fried eggs **794 kcal** | Scrambled eggs **708 kcal**
Go **vegan** swap eggs for another veggie sausage (VG) **789 kcal**

AVOCADO SMASH £12.50 (VG)
Toasted brown bloomer topped with smashed avocado, pico de gallo, cucumber ribbons, pomegranate and omega seeds **325 kcal**
Add: Smoked salmon (NG) **+£4.75 96 kcal**
Go **gluten free** swap bloomer for GF toast (V NG) **448 kcal**


SHARING PLATES

FULLY LOADED NACHOS £10.50 (V)
House-fried corn tortilla chips, nacho cheese sauce, jalapeños, pico de gallo, chipotle, smashed avocado and sour cream topped with cayenne ranch **690 kcal**

MEZZE PLATE £17.00 (V)
Olives, Moroccan-style houmous, marinated feta, falafel, tabbouleh and tzatziki topped with pickled pink onions, pomegranate seeds, herb oil, paprika and dill. Served with a toasted flatbread **1214 kcal**
Go **solo** and make it a small plate **£9.50 636 kcal**

BOWLS FOR THE SOUL

JAPANESE KATSU CHICKEN CURRY £18.45 
Buttermilk chicken in Japanese curry sauce, spring onion and chilli. Served with wok-fried vegetables and noodles **1071 kcal**
Go **vegan** with breaded Quorn™ fillet (VG) **1194 kcal**

TERIYAKI RICE BOWL £18.45 
Buttermilk chicken or salmon in a teriyaki sauce on a bed of sticky jasmine rice with sesame seeds, broccoli, carrot and cucumber. Served with shredded pak choi & Chinese leaf in a pineapple dressing
Choose: Chicken **696 kcal** | Salmon **+£2.20 820 kcal**

STICKY QUORN™ STIRFRY £18.45 (VG)
Breaded Quorn™ fillet strips with crispy onions in teriyaki sauce, served with wok-fried vegetables and noodles **882 kcal**

SUNSHINE SALAD £14.00 (VG NG)
Vegan-style feta, avocado, sweetcorn, cherry tomatoes, cucumber and mixed leaf salad in a pineapple dressing **429 kcal**

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SIDES

MIXED GREENS £4.95 (VG NG)
Medley of Tenderstem® broccoli, edamame beans and pak choi **160 kcal**

GREEN SALAD £4.95 (VG NG)
Mixed leaves, cucumber, tomatoes, pineapple dressing and omega seeds **78 kcal**

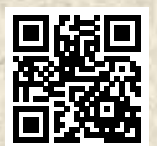
SKIN-ON FRIES £4.95 (VG NG)
Seasoned with lemon & pepper **377 kcal**

SWEET POTATO WEDGES £5.95 (VG NG)
333 kcal

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OR use contactless card payment



WORLD PLATES

FISH & CHIPS £18.75

Sustainably-sourced fish fillet† in a light tempura batter, served with minted mushy peas, fresh lemon, shallot Tartar sauce and seasoned fries **1013 kcal**

Add: Bread and butter **+£2.75 350 kcal**

MIDDLE EASTERN SALMON £18.75

Sumac and paprika roasted salmon fillet served with tabbouleh, peppers, courgette and aubergine, topped with yogurt and pomegranate seeds **717 kcal**

MOROCCAN GRILLED CHICKEN £18.00

Skewers of chicken marinated in chilli & lime, served with tabbouleh, salad and fresh herb chermoula **660 kcal**

KICKIN' CHICKEN KEBAB £15.50

Marinated chicken, houmous, chipotle salsa, garlic mayo, pickled slaw and salad in a folded flatbread, served with seasoned fries **997 kcal**

Upgrade: Swap standard fries to sweet potato wedges **+£1.50 -44 kcal**

BURGERS

All served with lemon & pepper seasoned fries

HOT CHIX £17.75

Buttermilk chicken tenders, chilli jam, smashed avocado, Giraffe burger sauce, onions and coriander **1073 kcal**

BONDI BURGER £17.75

Grilled chicken, smashed avocado, coriander, spring onion, shredded lettuce, chilli and mayo **1296 kcal**

FABLE CALIFORNIAN £17.75 (VG)

Pulled shiitake mushroom patty, smashed avocado, Carolina Reaper mayo, onions, lettuce and tomato **1084 kcal**

MAKE IT YOUR OWN

- **Upgrade:** Swap standard fries to sweet potato wedges (VG) **+£1.50 -44kcal**
- **Go lighter:** Swap your fries for a side salad (VG) **-300 kcal**

DESSERT MENU

GIANT PROFITEROLE £8.25 (V)

Choux bun filled with whipped cream and vanilla ice cream, served with either:

Biscoff® sauce and crumb **664 kcal**

Warm dark chocolate sauce and crumbled chocolate **498 kcal**

APPLE GYOZA £6.25 (VG)

Crispy fried and served with warm dark chocolate sauce for dipping **290 kcal**

SPECULOOS CHEESECAKE £6.50 (VG)

Creamy cheesecake with Biscoff® sauce **564 kcal**

ICE CREAM £6.00 (V NG)

Three scoops **Choose from:**


Chocolate **85 kcals**

Strawberry **129 kcals**

Vanilla **126 kcals**

(kcal listed per scoop)

(V) = Vegetarian. (VG) = Vegan. (NG) = Made with ingredients that do not intentionally contain gluten. † May contain small fish bones.

 The chicken used on this menu is from halal certified sources. No alcohol-containing ingredients are used in this menu.

If you have any food allergies or intolerances please speak to a member of the team before you order. Adults need around 2000 kcal per day.

BREAKFAST MENU

Served until 11am

MORNING EGGS

EGGS ROYALE £15.00

Poached eggs, smoked salmon and hollandaise on an English muffin **555 kcal**

Go **gluten free** swap muffin for GF toast (NG)
632 kcal

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WORLD BREAKFAST PLATES

FRENCH TOAST £13.50 (V)

Brioche french toast, labneh, apricot & peach compote, raspberries, honey and omega seeds
617 kcal

HUEVOS RANCHEROS £14.00 (V)

Soft tortilla with mushrooms, black beans, sweetcorn, cheese, smashed avocado, pico de gallo, cayenne ranch and fried eggs **926 kcal**

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CLASSIC BREAKFASTS

VEGGIE BREAKFAST PLATE £15.50 (V NG)

Smashed avocado, veggie sausages, mushrooms, roasted plum tomato, hash browns, baked beans and eggs

Choose: Fried eggs **815 kcal**

Scrambled eggs **728 kcal**

Go **vegan** swap eggs for another veggie sausage (VG)
631 kcal

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AMERICAN STYLE PANCAKES

CHOCOLATE, STRAWBERRY & BANANA £12.50 (V)

Made with NUTELLA® **773 kcal**

THE MAPLE BUTTER £12.50 (V)

With creamy maple-flavoured butter and syrup
948 kcal

BISCUIT & WHITE CHOCOLATE £12.50 (V)

With white chocolate sauce, Biscoff® spread, clotted cream, Biscoff® crumb and fresh strawberry **1217 kcal**

HEALTHY MORNING

GRANOLA £7.75 (VG NG)

Crunchy granola with coconut yoghurt, strawberries, blueberries and pomegranate seeds
546 kcal

SALMON & CREAM CHEESE £13.25

Smoked salmon with lemon & dill cream cheese and cucumber ribbons. Served on a toasted brown bloomer **336 kcal**

Go **gluten free** swap bloomer for GF toast (NG) **459 kcal**

APRICOT, BANANA & BERRY PORRIDGE £7.85 (VG NG)

A fruity twist on the traditional breakfast porridge - served with banana, strawberries, apricot & peach compote, coconut yoghurt and drizzled with sweet agave syrup **437 kcal**

AVOCADO SMASH £12.50 (VG)

Toasted brown bloomer topped with smashed avocado, pico de gallo, cucumber ribbons, pomegranate and omega seeds **327 kcal**

Add: Poached eggs (V NG) **+£2.75 154 kcal** |

Smoked salmon (NG) **+£4.75 96 kcal**

Go **gluten free** swap bloomer for GF toast (V NG)
448 kcal

ADD ONS

CRISPY POTATO TOTS £4.75 (V NG) 475 kcal

FRESH PASTRIES £3.50 (V)


Ask your server what has been baked in-house today

TOAST & BUTTER £3.75 (V)

Choose: White | Brown | Gluten free (NG)
341 kcal

Add: A tasty preserve - ask your server for our selection **+£1.00**

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 The chicken used on this menu is from halal certified sources and stunned before slaughter. No alcohol-containing ingredients are used in this menu. Fish is fried in the same fryer as Calamari.

If you have any food allergies or intolerances please speak to a member of the team before you order, and ask to see our interactive allergen guide with the 14 legally defined allergens. We take every care to prevent cross-contamination but can't guarantee your dish will be free from allergenic ingredients as our food and drinks are prepared in busy kitchens where cross-contamination may occur. Menu descriptions don't list all ingredients, and recipes are subject to change. Adults need around 2000 kcal per day. For full allergen and nutritional information visit tkmenus.com/giraffe.

Prices stated are GBP and include VAT at the current rate. All major credit cards and currencies accepted. Gratuities are discretionary and distributed 100% to our team. We welcome your feedback - email: guestexperience@trgple.com or post: trge, 5-7 Marshalsea Road, London, SE1 1EP www.trgeconcessions.co.uk | 1025