

FOOD MENU



bar&kitchen
banyan

BANYAN BREAKFASTS



(Served until 1pm). All our eggs are sourced from free-range chickens.

SUPER BERRY GRANOLA **V** **N**

£3.95

RAWNOLA served with indulgent Ann Forshaw vanilla yogurt and blueberry compote, topped with juicy fresh berries.

WHAT IS RAWNOLA?

No grains, no dairy, no gluten, no wheat, no sulphites and no vegetable oil. *Just granola – full of goodness.*

HEALTHY PORRIDGE **V** **N**

£3.95

A delicious medley of oat porridge, fresh berries, Ann Forshaw vanilla yogurt and wildflower honey.

AMERICAN-STYLE PANCAKES **V**

£6.50

Smothered with maple butter and syrup, a rich blueberry compote and crème fraîche.

SMASHED AVOCADO ON TOAST **V**

£6.95

Toasted & buttered flaguette topped with perfectly poached eggs.

THE ENERGISER **N**

£7.95

Oat and mixed seed sweet potato hash browns topped with two soft poached eggs, spinach, crisp bacon and fresh avocado and tomato salsas. The perfect balanced breakfast.

THE FULL ENGLISH

£8.25

Two rashers of bacon, fresh pork and herb sausage, grilled tomato, roasted field mushroom, baked beans and a toasted flaguette. Complement with a choice of fried, scrambled or poached eggs.

Add black pudding for 75p.

Vegetarian option also available. **V**

GLUTEN FREE BREAD

We have the finest gluten free bread available for our breakfasts. Please request when ordering.

FROM THE HENHOUSE

Poached eggs on a toasted buttered flaguette with hollandaise sauce.

EGGS BENEDICT £6.95

With hand carved ham.

EGGS ROYALE £7.95

With smoked salmon.

EGGS FLORENTINE **V** £6.95

With wilted spinach.



FOLDED £7.25

Three eggs gently folded and served with spicy chorizo, spinach and a toasted flaguette.

DIPPY **V** £3.95

Two soft-boiled eggs with buttered soldiers. A guaranteed taste of childhood nostalgia.

SALADS



REVITALISE SALAD **V** **N**

£9.95

Grilled halloumi & butternut squash with bulgur wheat, roasted vegetables and toasted pumpkin seeds, garlic and herb dressing.

CHARGRILLED CHICKEN FATTOUSH SALAD

£10.50

Chicken marinated with sumac and oregano, cucumber, tomato, shaved radish, crisp flatbread and buttermilk-chive dressing.

BANG BANG CHICKEN **N**

£10.50

Chicken breast, shredded vegetables, cashews, peanuts, drizzled with a lime chilli dressing.

HOT SMOKED SCOTTISH SALMON AND CRISPY KALE SUPERFOOD SALAD **N**

£12.95

Quinoa, tender stem broccoli, edamame, beetroot, toasted pumpkin seeds, pickled pink onions, watercress and pomegranate seeds.

SHARING PLATES



SMALL PLATES

BANYAN MARINATED GREEN OLIVES V	£2.95
<hr/>	
CHICKEN SATAY SKEWERS N	£5.95
Sweet chilli sauce and peanut crème fraîche.	
CRUSHED AVOCADO & PEA TOASTS V	£5.50
Drizzled with wasabi yogurt.	
CRISPY CALAMARI	£6.50
Spiced harrisa crème fraîche.	
TERIYAKI BELLY PORK	£6.95
Sesame seeds, spring onion and chilli.	
DEEP FRIED BRIE WEDGES V	£6.25
Japanese bread crumbs, caramelised onion chutney.	
TEMPURA KING PRAWNS & PAK CHOI	£6.95
Fresh lime and a sesame, soy dip.	
GOAT'S CURD AND SALT BAKED BEETROOT SALAD V	£6.95
Rosemary crumb and watercress.	
CRISPY DUCK SPRING ROLLS	£6.50
Oriental dipping sauce.	

TO SHARE

MEDITERRANEAN FLATBREAD & HOUMOUS V	£4.95
Vegetable crudités.	
GREENHOUSE PLATTER V	£14.95
Brie de Meaux, marinated goat's cheese, roasted Mediterranean vegetables, houmous, crudités, kale crisps, green olives, pear jelly, quinoa superfood salad, grissini and a warmed flatbread.	
DIVINE DELI BOARD	£16.95
Prosciutto crudo, Coppa, salami Napoli, salami Milano, ham hock terrine, green olives, marinated goat's cheese, Brie de Meaux, soused red onions, grissini and a warmed flatbread.	

SEAFOOD SHARER

Crab claws, Scottish smoked salmon, prawns, peppered smoked mackerel, crème fraîche and hot smoked salmon paté, caper berries, crostini and wasabi mayonnaise.

£16.95



SANDWICHES



Served with house fries. *Upgrade to sweet potato fries for 75p.*

CHARGRILLED CHICKEN CLUB	£8.95	SCOTTISH SMOKED SALMON BAGEL	£9.50
Soft pretzel bun filled with succulent chicken and stacked with avocado, tomato, bacon and chipotle mayonnaise.		Toasted high fibre bagel, whipped citrus cream cheese, soused red onions and watercress.	
.....			
GO NAKED! Same great ingredients, no bun.	£8.25	MEDITERRANEAN VEGETABLE ROSEMARY FOCACCIA V	£8.50
RUSTIC CIABATTA STEAK MELT	£9.95	Roasted peppers, aubergines, griddled courgettes, marinated mushrooms, black olive tapenade and Gruyère cheese.	
Tender steak, melting Gruyère cheese, caramelised red onions, mushrooms and wholegrain mustard mayonnaise.			
CHICKEN FAJITA WRAP	£8.95		
Chargrilled Cajun chicken breast, Monterey Jack, tomato salsa, guacamole and sour cream.			

MAINS



WILD MUSHROOM TAGLIATELLE (V) (N)	£10.95	LUXURY FISH PIE	£13.95
Sautéed creamed mushrooms drizzled with truffle oil, topped with toasted pine nuts and Italian cheese.		An indulgent mixture of haddock, salmon, prawns and parsley cream sauce, all generously topped with a herb and cheese mashed potato crumb. Served with seasonal greens.	
KING PRAWN & CRAB RISOTTO	£14.50	TERIYAKI SALMON	£14.50
King prawns with lemon and parsley butter, Grana Padano, chilli and coriander.		Marinated salmon fillet. Served with fragrant rice, pak choi and a coriander crème fraîche.	
CHICKEN SPIRELLI (N)	£10.95	SAUSAGE AND MASH	£10.50
Chargrilled chicken tossed with pasta spirals, shredded vegetables, pine nuts, mozzarella and Grana Padano.		Traditional Cumberland sausage and creamy mashed potatoes. Seasonal green vegetables and our best gravy.	
INDONESIAN CHICKEN CURRY (N)	£12.50	PORTUGUESE MARINATED HALF CHICKEN	£12.50
Spiced coconut milk, butternut squash, pak choi, edamame beans, shredded vegetables, cashews and fragrant rice.		Tender chargrilled piri-piri marinated boneless chicken, served with crème fraîche, house fries and watercress.	
Vegetarian option available.	£10.50		
STEAK & ALE SHORTCRUST PIE	£12.50		
Succulent steak and rich gravy encased in delicious shortcrust pastry. Served with creamy mashed potatoes or gastro chips and seasonal greens.			

GLUTEN FREE PASTA

We have the finest gluten free pasta available for our main meals.
Please request when ordering.

BURGERS



Our beef burgers are hand-shaped and we only use British beef.
Served with gem lettuce and tomato on a brioche bun with house fries.
Upgrade to sweet potato fries for 75p.

BANYAN BURGER	£10.50	TRAIN MANCHESTER BURGER	£11.25
Our signature burger is stacked with crispy bacon, wholegrain mustard mayonnaise and onion rings. Served with BBQ sauce and Monterey Jack cheese.		Inspired by the CrossFit Coaching Team at Train Manchester, this burger is the perfect post workout meal. Succulent beef burger, fried egg, Monterey Jack cheese, baked sweet potato wedges, avocado and bacon salad. No bun.	
FRANCIS HOUSE BURGER	£8.95	THE ULTIMATE PORK & BACON BURGER	£11.25
Beef burger topped with Monterey Jack cheese, mayonnaise and tomato salsa.		A delicious bacon and pork burger served with chipotle mayonnaise, Monterey Jack cheese, frazzled onions and a distinctively American bourbon BBQ sauce.	
25p from the sale of this burger goes to Francis House Children's Hospice, Greater Manchester. <i>They care for sick children, teenagers and young adults with a short life expectancy, providing support and friendship for the whole family.</i>		CRISPY CAJUN CHICKEN BURGER	£10.95
www.franchishouse.org.uk		Buttermilk marinated chicken breast topped with Caesar mayonnaise and crisp slaw. Served with an individual chicken gravy dipping pot.	
		VEGETABLE KINGDOM BURGER (V)	£10.95
		Grilled halloumi, red peppers, butternut squash and red pesto mayonnaise.	

SKEWERS



Chargrilled and layered with red onion, courgette and peppers.
Served with a warmed Mediterranean flatbread.

Choose your skewer, side and sauce.

Choose a skewer

CHICKEN BREAST
£12.95

SALMON FILLET
£13.95

HALLOUMI 
£12.95

Choose a side

Seasonal vegetables  Crisp house salad  Beautiful bulgur wheat with preserved lemon and fresh mint salad 
Quinoa superfood salad  House fries  Sweet potato wedges 

Choose a sauce

Chorizo, tomato and paprika. Teriyaki  BBQ 

OUR STEAKS



Our steaks are from traditional British breeds to consistently provide quality meat that never fails to deliver great tenderness and taste.
Highly recommended with our Reserve Malbec.

All our steaks are 225g and cooked to order.
Served with house fries, onion rings and your choice of sauce.

RUMP STEAK	£12.95
RIB EYE STEAK	£18.50
FILLET STEAK	£24.95

Choose peppercorn or béarnaise sauce.

CHATEAUBRIAND 500G:	£49.95
THE ULTIMATE FILLET STEAK FOR TWO TO SHARE	

An indulgent feast of gastro chips, pan-roasted pearl onions, mushrooms and pancetta.
Served with béarnaise or peppercorn sauce.

We recommend served medium rare.

SIDES

HOUSE FRIES / SWEET POTATO FRIES / GASTRO CHIPS 	£3.00
BAKED SWEET POTATO WEDGES 	£3.25
BULGUR WHEAT, PRESERVED LEMON & FRESH MINT SALAD 	£3.50

HANDMADE ONION RINGS 	£3.25
MARKET SALAD 	£2.95
SEASONAL GREENS 	£3.50

DECADENT DESSERTS



WARM TRIPLE CHOCOLATE BROWNIE **V** **N** £5.75

With peanut butter ice cream.

VANILLA BAKED CHEESECAKE £5.95

With fresh passion fruit.

WARM BAKEWELL TART **V** £5.95

With raspberry ripple ice cream.

SALTED CARAMEL AND CHOCOLATE TORTE **V** **N** £5.95

Honeycomb ice cream.

SEASONAL FRUIT **V** £5.75

With a lemongrass chilli syrup.

LUXURY ICE CREAM **V** £4.50

Choose three scoops from: vanilla pod, double chocolate, honeycomb, strawberry, raspberry ripple, peanut butter. **N**

DON'T MISS OUT ON OUR DELICIOUS SUNDAY ROASTS

12 noon every Sunday till they're gone!



Fluffy roast Maris Pipers, Yorkshire pudding and best gravy.
Choose your favourite meat and two sides from the list below:

HALF ROAST CHICKEN
£10.95

ROAST TOP SIDE OF BEEF
£11.95
Served medium rare.

ROAST LOIN OF PORK
£10.95

Choose two sides:

Cauliflower cheese **V** Crushed swede & carrot **V** Seasonal greens **V** Spiced red cabbage **V**

Extras:

Side of vegetables £2.95. Yorkshire pudding £1. *Jug of gravy - on the house!*

V Vegetarian. **N** Contains nuts, peanuts or seeds. We cannot guarantee our food has not come into contact with nuts or any other allergens. If you have a food allergy or are sensitive to certain ingredients, please ask a manager for assistance. A full list of ingredients used in each dish is available for your peace of mind.

Service charge is not included. All tips are shared between the service and kitchen teams on duty during your visit. The management of Arc Inspirations do not take any money whatsoever from tips.



WWW.ARCINSPIRATIONS.COM

CORN EXCHANGE, EXCHANGE SQUARE, MANCHESTER, M4 3TR.

Managers@banyanmanchester.co.uk | Twitter: @Banyanmcr Facebook: /Banyanmcr Instagram: @Banyanmcr