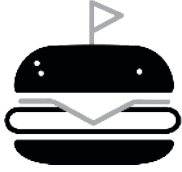
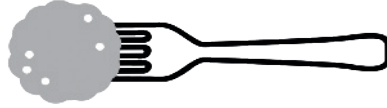


Eat Me at the SJT



Great Food Cocktails Craft Beer



Welcome to Eat Me @ the SJT. There's a few things you need to know. We're passionate about local produce and supporting local businesses. All our produce, where possible, is locally sourced, free range and outdoor reared.

If you have special dietary requirements or ALLERGIES please let us know and we will try to accommodate. We always have dairy-free butter alternatives, gluten-free bread, soya, coconut & oat milk on request.

All our food is cooked to order, and at busy times there may be a delay, if you are in a rush for the theatre, the train or collecting the kids please let us know, we will do all we humanly can to get you fed.

Our coffees are our own blends, you won't find them anywhere else! We only use butter on our breads. Our crushed potatoes and chips are skin-on for goodness and our chips are seasoned with Eat Me's own secret seasoning. Also please be aware that **OUR KITCHEN MAY CONTAINS NUTS**, both kinds, but mainly the staff.

We have been awarded the Gold Standard for healthy eating choices. If you prefer low sugar, low salt or low fat options please ask, we can advise and help in many ways.

Table reservations are recommended to avoid disappointment

WELCOME

(V)vegetarian, (VO) vegetarian option, (VG) vegan, (VGO) vegan option, (GF) gluten free, (GFO) gluten free option, (LF) lactose free, (LFO) lactose free option. All food is prepared in a kitchen where nuts, gluten & other allergens are present. Further information on allergens is available - please ask a team member

BREKKIE UNTIL NOON ONLY!

| | |
|---|------|
| EMC SHAKSHUKA (V) | £10 |
| Middle Eastern spiced tomato jumble, finished with delicately swirled eggs. Served with a slice of toasted sourdough | |
| EMC BIG BOY BREKKIE BURRITO (VO) | £10 |
| Our Brekkie Burrito just got bigger & better - 2 bacon, 2 sausage, 2 eggs, 2 hash browns, Maasdam cheese & sriracha sauce, wrapped in a flour tortilla & seared closed. It's almost immoral!! | |
| THE ULTIMATE BREAKFAST TOASTED CIABATTA (VO) | £9 |
| 2 bacon, 2 sausage and a fried egg, the choice of champions, and with a hash brown too! | |
| THE BREAKFAST TOASTED CIABATTA (VGO) | £6 |
| Deliciously simple, choose either bacon, sausage or vegan sausage, with a hash brown | |
| SASSERMAET ROLL | £6.5 |
| Our own recipe SASSERMAET - Shetland version of Square Sausage or Lorne Sausage - served in a roll. | |

BRUNCH UNTIL 3PM ONLY!

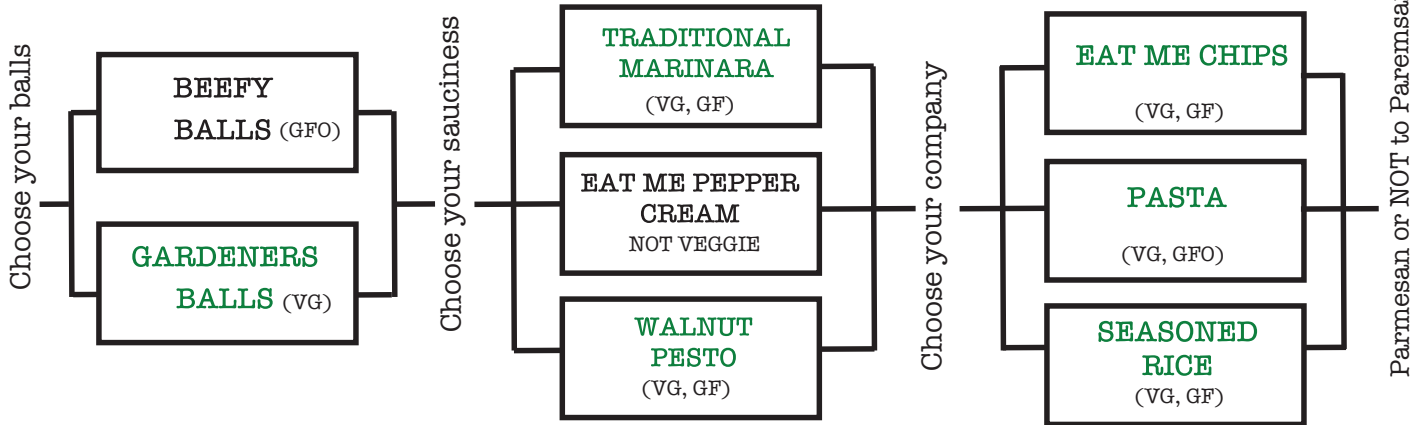
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|---|-------------|
| DIRTY EGGS (GFO, VO) | £11 |
| Eggs lovingly scrambled with chorizo, potato, spring onion & coriander, artfully arranged on perfect toast | |
| EAT ME CREAMED MUSHROOMS (GFO, VGO) | £9.5 |
| Our infamous creamy mushrooms, laid to rest on thick sliced toast. | |
| SMAASHED AVOCADO (GFO, VO, VGO) | £11 |
| Smashed avocado on sourdough toast with 2 poached eggs and choice of bacon or griddled halloumi or both topped with rocket, and finished with sriracha. | |
| CROQUE MONSIEUR or make it a MADAME with a fried egg nestled on top! | £12 / £13.5 |
| Our baked ham and cheese with velvety bechamel oozing out all over the place, nothing to scoff at! | |
| EAT ME RAREBIT (V) or pimp it up with CRISPY BACON | £9 / £10.5 |
| The rarebit of all rarebits! Grilled to golden perfection on thick sliced toast | |
| SOUP O'T' DAY! | £6 |

BREKKIE & Brunch

All our balls are lovingly rolled by hand, using time-honoured recipes and served with love.
They come in pairs, plus one, with a side salad thrown in (well, on the side, actually!)

LOVE OUR BALLS

£13



The! BAKED MAC'N'CHEESE

EMC MAC'N'CHEESE (V, VGO, GFO) - Creamy baked cheesy perfection with side salad & garlic slice £11

Get some MIX-INS

Chicken Breast or Crispy Chicken Thigh (GF), or Chorizo or Bacon or Garlic Mushroom +£1.5
Smoked Salmon +£3 Sloppy Joe +£3 gluten-free +£1 VEGAN +£1

SALADS - with mixed leaf, cucumber, potato/pasta salad, mixed peppers, cherry toms, bean salad, beetroot and mixed seeds
ALL £12
CHOOSE FROM:
CEASAR Chicken Breast or Crispy Thigh (GF) or Crispy Tofu (VGO/GF)
FETA & WALNUT (V/GF)
SATAY Chicken Breast or Crispy Thigh (GF) or Crispy Tofu (VGO/GF) *contains peanuts
CHILLI SWEET OR HOT Chicken Breast or Crispy Thigh (GF) or Crispy Tofu (VGO/GF)

SANDS - all served with slaw
ALL £10
CHOOSE FROM:
EMC FISH FINGER choose Tartare or Ceasar sauce
CLASSIC BLT with mayo **
TUNA LIME MAYO with cracked black pepper & rocket **
CHEESE & RED ONION choose Sweet Chilli or Sriracha **
** can be toasted for extra deliciousness +£1

WRAPS - all served with slaw
ALL £10 except Hoisin Duck
CHOOSE FROM:
EMC CEASAR Chicken Breast or Crispy Thigh (GF) or Crispy Tofu (VGO/GF)
FETA & WALNUT (V/GF)
SATAY Chicken Breast or Crispy Thigh (GF) or Crispy Tofu (VGO/GF) *contains peanuts
CHILLI SWEET OR HOT Chicken Breast or Crispy Thigh (GF) or Crispy Tofu (VGO/GF)
HUMMUS, ROAST RED PEPPER & ROCKET (GFO, VG)
HOISIN DUCK (GFO) with Cucumber & Spring Onions £11.5

GRILLED - all served with slaw
CHOOSE FROM:
FAMOUS EMC GRILLED CHEESE (GFO) with Parmesan Crust - Add Ham £12/£13
EMC CUBAN (GFO) Ham, Cheese, Dill Pickle & Mustard £13
TOMATO, MOZZARELLA & PESTO (GFO, VGO) - Add Grilled Chicken £11/£12

Unfortunately we are now having to charge for takeout boxes as costs are spiralling ONLY 20p per box
Sauces as well - ketchup, brown and mayo still FREE but Sriracha and EMC BBQ 30p

BALLS, Mac & sands...

EAT ASIAN...

EMC KOREAN FRIED CHICKEN - KNOWN AS DAKGANGJEONG or OUR KFC!

£12.5

Served over our seasoned rice with sweet and spicy Dakgangjeong Sauce, beansprouts & cucumber

We have BIG BOWLS we cannot lie

ラーメン **RAMEN** £12

is a Japanese soup dish. Our delicious wheat noodle bowl of homemade broth with Chinese cabbage, pak choi & spring onion. Finished with coriander and a half soy egg nestled against nori. *Swap to Rice Noodle (GF) +£1*

ドンブリ **DONBURI** £12

is a classic and well loved Japanese rice bowl dish. Deliciously seasoned steamed rice, with our homemade slaw & chunky cucumber it's finished with coriander. Choose your favourite sauce either **Satay Sauce (GF, VG)** **Katsu Curry (VG)** or **Thai Curry of the Day (VGO)** **Spicy Asian (VGO)**

お弁当 **EMC BENTO** £15

is OUR Japanese box of delights. Seasoned steamed rice, Asian side salad, vegetables and weekly changing sauce, comes with a small bowl of broth. Deliciously compartmentalised

دال **EMC DHAL** £12

A deliciously HOT spiced lentil dhal, with our seasoned steamed rice, a little leaf salad, curried mixed veggies, a roti & soy yoghurt. Not for the faint of heart.

Burrito **BURRITO BOWL** £12

is a fabulously tasty pepper & onion fajita mix, with a little leaf salad, refried beans, pico de gallo, seasoned corn and avocado hummus and of course our seasoned steamed rice.

ALL ABOVE COME WITH CHOICE OF

Chicken Breast or Crispy Chicken Thigh (GF) or Fried Tofu (VG) + £1.5
or Roast Belly Pork +£2.5 or Roast Duck +£2.5

Why not Kai Dao - Thai-style crispy fried egg - any of the above dishes? Deliciously Asian +£2

SMALL PLATES

All £6.5 each or 3 for £17.5 and great for sharing

ROTI CANAI (2) (VG) - A Malaysian everyday staple, delicate layers of golden puffy crispy loveliness with a mild curry dipping sauce that's more than moreish

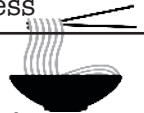
JAPANESE GYOZA DUMPLINGS (5) - These Japanese dumplings are a perfect start to any meal, you can share, but you will regret it! Choose from Vegetable (VG) or Chicken & Vegetable

EAT ME CHICKEN SATAY (GF) - Our Asian Crispy chicken thigh, sliced and smothered in our seriously Thai sticky thick satay sauce. I mean really?! **ชอบอุณ**

KOREAN DAKGANGJEONG (GF) - Our Asian crispy chicken thigh, sliced and smothered in amazing Korean sweet spicy dakgangjeong sauce. Classically Korean, totally delicious.

SMALL PLATE SPECIALS - See our Specials Board for yet more special loveliness

BIG BOWLS & Eat Asian



BURGER ME

All Burgers £15 with Our CHIPS & Slaw

CLASSIC STEAK SMASH DOUBLE (GF,LFO)

EMC CRISPY CHICKEN THIGH (GF)- *Grilled Chicken Breast on request!*

THE FAMOUS BEAN BURGER (VGO) **MAKE IT THE NUTTY ONE** (We added walnuts!) ADD £1

EMC HALLOUMI & GARLIC MUSHROOM COMBO this one comes with Sriracha Mayo

UPGRADES!

CHEESE: Monterey Jack or Vegan +£1 *Bacon or Mushroom or Fried Egg +£1.5*

Kai Dao - Thai-style Crispy Fried Egg +£2 Griddled Halloumi +£2.5 *Sloppy Joe +£3*

Mac'n'Cheese (GFO,VGO) +£3.5 *Asian PBJ +£3.5* *Extra. Burger +£3.5*

Our Burgers come on American Classic Bun (GF/VG) BRIOCHE or Asian Style also available) with EMC Relish, Lettuce, Tomato & Pickle.

etc THE SLOPPY JOE (GF,LF) Our delicious Sloppy Sweetfire Spiced Ground Steak, served *like* a burger but with added messiness, its a party in a bun! £14

Etc.....

QUESADILLA EMC STYLE (LFO,VGO)- £13

For starts Cheddar Cheese (or **vegan**).

Make it your OWN!

Peppers or *Mushrooms* £1 each

Tofu or *Vegan Sausage* or *Avocado* or *Crispy*

Chicken Thigh or *Grilled Chicken Breast* or *Chorizo* or *Bacon* or *Sausage* £1.5 each

Finally get saucy with either;

Hot Sriracha or *Sweet Chilli* or *Mayo* or **EMC BBQ** or *EMC Relish*

In it or on the side?

Served with OUR chips & slaw

EAT ME MELTS £13

Chicken & Bacon (gfo, lfo),

Tofu (gfo,v, vgo)

Both are layered with EMC BBQ Sauce & Monterey Jack Cheese (vgo)

Served on Toasted Ciabatta with OUR Chips and Slaw

EAT ME old school tin plates £12

GRILLED CHICKEN & CHORIZO with tomatoes (GF, LFO)

CHEEKY CHILLI - starts @ medium hot, ask for preference (GF, LFO)

Both served with seasoned steamed rice and slaw

SIDES

OUR CHIPS - Say what? our handcut, twice fried, secret seasoned chips. Who wants those? £4.5

TRY AN EMC CHIP BUTTY with our PEPPER SAUCE POUTINE OR *CHEESE SAUCERY* £7.5

EAT ME SIDE SALAD £2.5

EAT ME SEASONED STEAMED RICE £2.2

ETC... Satay Sauce, Slaw, Halloumi ALL £2.5

** Please note all our Slaw & EMC Sauce (Homemade burger relish) is Vegan



BURGERS, etc & Sides