



**BAR • CAFÉ • DINER**  
HEALTHY AND HEARTY, THE CHOICE IS YOURS.  
CLASSIC FLAVOURS COMBINE WITH NATURAL, TASTY,  
LOW-CARB OPTIONS FOR TODAY'S MODERN LIFESTYLE.  
FRESH, ORGANIC AND LOCALLY SOURCED INGREDIENTS...

## PLATTERS + APPETIZERS

<b>Soup of the day</b>	Served with fresh bread	3.95
FOR TWO TO SHARE. LARGER PLATTERS ALSO AVAILABLE.		
<b>Buffalo Wings</b>	Chilli + ginger sauce, spring onions	4.75
<b>Onion Rings</b>	Jumbo rings, BBQ dipping sauce	4.25
<b>Spare Ribs</b>	BBQ sauce, chilli, coriander	4.95
<b>Appetizer Combo</b>	All of the above	8.50
<b>Nachos</b>	Tortillas with cheese melt, guacamole, tomato salsa, sour cream, jalapeños	4.75
<b>Garlic Shrimps</b>	Served with a finger bowl!	5.75

## BURGERS

GRILLED HOW YOU LIKE: MEDIUM, MEDIUM/WELL OR WELL-DONE IN A SESAME SEED BUN AND SERVED WITH CHUNKY FRIES AND PICKLES; LOW CARB ALTERNATIVE: NO BUN OR FRIES BUT A SUMPTUOUS SALAD

<b>Nude</b>	100% beef, lettuce, tomato, gherkins	6.50
<b>Jumbo Deluxe</b>	Bacon, cheese, lettuce, tomato	8.95
<b>The Big Cheese</b>	Prime ribeye steak, soft cheese melt, lettuce, tomato	8.50
<b>Lamb</b>	Spiced minced lamb, with houmous and tomato relish, lettuce, tomato	8.50
<b>Avocado Bacon</b>	Topped with avocado, bacon, cheese, lettuce, tomato, southwest dressing	8.75
<b>Chicken</b>	100% pure grilled chicken breast with sliced lettuce, tomato, mayonnaise	8.75
<b>Veggie</b>	Home-made vegetarian burger, houmous, lettuce, tomato	7.50
<b>Chicken Club</b>	Herb-grilled chicken served on grilled sour dough, bacon, lettuce, tomato, avocado, mayonnaise	9.25
<b>Sliders (each)</b>	Cheese, bacon, guacamole, fried egg	1.00

## ENTRÉES

<b>Fish and Chips</b>	Beer battered haddock, crushed minted peas, lemon caper tartar sauce	11.75
<b>Major Meatloaf</b>	A thick 'melt in your mouth' slice over a country apple stuffing, buttered sweetcorn, broccoli, gravy	9.50
<b>Big Bowl Chilli</b>	Homemade, coarse cut, beef chilli, rice and all the trimmings	9.50
<b>Half Chicken</b>	Grilled corn-fed half chicken, chunky chips, tomato, pepper relish	9.75
<b>Calves Liver</b>	Grilled liver with bacon, mushrooms, melted onions, mashed potatoes, gravy	9.95
<b>Roast Pork Belly</b>	Slow roasted boneless pork belly, apple sauce, gravy, mashed potatoes	9.75
<b>Sausage + Mash</b>	Pork and herb sausages, mashed potatoes, deep-fried string onions, gravy	8.95
<b>Ribeye Steak</b>	Prime English 28 day hung beef, grilled tomato, chunky chips, broccoli, horseradish jus	14.95
<b>Surf + Turf</b>	Prime English 28 day hung beef, grilled tomato, garlic butter-tossed shrimps, chunky chips, broccoli	15.95
<b>Steak Pie</b>	Slow cooked feather blade steak, wild mushrooms in rich gravy, mashed potatoes	8.75
<b>Macaroni Cheese</b>	With cheddar, fontina, smoked gouda, broccoli	7.25

## HOT DOGS

YOUR DOGS ARE NEW YORK STYLE 100% PURE BEEF SERVED WITH CHUNKY FRIES AND PICKLES. CHOOSE WITH/WITHOUT ONIONS

LOW CARB ALTERNATIVE: NO BUN OR FRIES BUT A SUMPTUOUS SALAD

<b>Original New Yorker</b>		5.50
<b>Cheese Dog</b>	Loaded with a cheese melt	5.75
<b>Mexican Chilli</b>	Coarse-cut chilli	6.50
<b>Mexican Dog</b>	Coarse-cut chilli, cheese	6.75

SERVICE NOT INCLUDED. FREE WI-FI AVAILABLE – FOR HELP ASK YOUR SERVER  
WWW.PROFILESOHO.COM = OFFERS + PROMOTIONS

## SALADS

<b>Crispy Calamari</b>	Frisee, radicchio, chicory, red onion, roasted red peppers, honey sesame vinaigrette	6.95
<b>Caesar</b>	with poached egg with grilled chicken with grilled hanger steak with grilled salmon all with shaved parmesan	6.25 9.50 9.75 9.50
<b>California Cobb</b>	Grilled chicken, crispy pancetta, avocado, blue cheese, corn, mixed greens, tomatoes, hard-boiled eggs, Dijon vinaigrette add 1.25 for grilled hanger steak	8.50
<b>Shredded Duck</b>	Slow cooked shredded duck, young leaf salad served on crispy noodles, plum and cinnamon chutney	9.25
<b>Seared tuna</b>	Dolphin friendly, blanched tomatoes, beans, mixed rocket salad, crispy shallots	9.50

## BREAKFAST AVAILABLE ALL DAY EVERY DAY

<b>French Toast</b>	Thick sliced bread, maple syrup, winter berries, cinnamon	5.95
<b>Pancakes</b>	2 buttermilk pancakes, maple syrup add 1.00 for bacon add 1.45 for berries + bananas	4.50
<b>Hearty Breakfast</b>	2 eggs any style, 3 bacon strips, baked beans, roast tomato, 2 sausages, portobello mushrooms	7.25
<b>Salmon Scramble</b>	3 eggs, smoked salmon, crème fraiche, spring onions, toasted sour dough bread	6.25
<b>Eggs + ham</b>	Thick sliced gammon steak, chunky chips, 2 fried eggs	6.95
<b>Fruit Salad</b>	Sumptuous bowl	5.25

## BENEDICTS

<b>Classic</b>	Jumbo muffin, honey roast ham, 2 eggs over-easy, hollandaise	6.25
<b>Eggs Florentine</b>	2 poached eggs, chopped spinach, hollandaise	6.25
<b>Smoked Salmon</b>	2 poached eggs, smoked salmon, hollandaise	6.50

## DESSERTS

JUDE'S ICE-CREAM – VANILLA, CHOCOLATE, HONEYCOMB, STRAWBERRY		
<b>2 Scoops</b>	Choose your favourite combination	3.50
<b>Cookies + Cream</b>	Vanilla, Chocolate, Honeycomb, with white chocolate chip cookie	5.50
<b>Chocolate Brownie</b>	Chewy fudge walnut brownie, 1 scoop (vanilla), whipped cream	5.50
<b>Profile Sundae</b>	2 scoops (chocolate + honeycomb), walnut brownie, hot caramel, whipped cream	5.50
<b>Belgian Waffles</b>	1 scoop (you choose), chocolate sauce, chopped nuts, mixed berries sauce	5.50
<b>NY Cheesecake</b>	Baked and topped with strawberries, chocolate sauce	5.50
<b>Carrot Cake</b>	Moist and sensuous	5.50

## COFFEES / TEAS



Espresso, Macchiato, Americano	1.80	Double Espresso	2.25
Cappuccino, Latte	2.30	Mocha	2.60
Hot Chocolate	2.80		
Damman Frères Teas			
Earl Grey, Breakfast, Peppermint, Green Gunpowder, Camomile			1.90

## SHAKES

3 SCOOPS OF JUDE'S VANILLA ICE-CREAM BLENDED WITH ORGANIC MILK

<b>Oreo Cookie</b>	Blended with Oreo cookies	3.95
<b>Peppermint Patty</b>	Mint syrup, Oreo cookies	3.95
<b>Chunky Monkey</b>	Banana, chocolate chips, chocolate sauce, Oreo cookies	3.95
<b>Mocha Dream</b>	Chocolate syrup, coffee	3.95
<b>Very Berry</b>	Yoghurt, rolled oats, blueberries, raspberry sauce	3.95

