

# Starters

- 3 CHEESE CHUBBIES v** £4.95  
Mozzarella in Cornbread Batter
  - GARLIC BREAD v** £5.50  
Four Baguette Pieces with Garlic Butter & Cheese
  - CORNDOGS** £7.50  
2 Frankfurter Sausages Deep Fried in Cornbread Batter
  - MACHO NACHOS** £13.50  
Tortilla Chips topped with Beef Chilli, Pico De Gallo, Jalapeños, Guacamole, Sour Cream, Salsa, Cheese
  - JUMBO BUFFALO WINGS** 4 £6.95 / 8 £12.50 / 12 £16.50  
Served with Blue Cheese Dip
- CHOOSE YOUR SAUCE**  
Frank's Red Hot / Dr Pepper BBQ / Half & Half

# SIDES

- SKINNY FRIES v** Reg £2.95 / Lrg £4.50
  - SWEET FRIES v** Reg £4.50 / Lrg £6.50
  - ADD PERI SALT!**
  - MAC & CHEESE v** £6.50
  - COLESLAW v** £3.50
  - CORN ON THE COB v** £3.50
  - SLOPPY SALAD v** £6.50
  - LOADED FRIES**
  - BUFFALO FRIES** £8.50  
Skinny Fries, Fried Chicken, Frank's Red Hot Sauce, Blue Cheese Dip & Cheese
  - CHILLI FRIES** £8.50  
Skinny Fries, Beef Chilli, Cheese, Jalapeños, Onion & Mustard
  - CANADIAN POUTINE v** £7.50  
Skinny Fries, Gravy & Cheese
- UPGRADE TO SWEET FRIES £2.00!**

## KIDS vs FOOD

- HOTDOG** Served with Cheese **£7.50**
- JR BURGER** Beef, Chicken or Veggie, Cheese, Ketchup
- CHICKEN NUGGETS** Served with Fries and a Fruit Shoot. (Children under 10 years of age)

# MAN vs FOOD

London

## TENDERS

Fried Chicken Tenders in the flavour of your choice

- ORIGINAL - CHICKEN FRIED CHICKEN
- NASHVILLE HOT
- LEMON PEPPER
- CAPTAIN CRUNCH

**3 TENDERS, 1 FLAVOUR, 1 DIP • £6.50** | **6 TENDERS, 2 FLAVOURS, 2 DIPS • £11.50**

## MVF DIPS

- Ranch v / Blue Cheese v / Honey Mustard v / Sour Cream v
  - Green Garlic Mayo v / Sriracha Mayo v / Frank's Red Hot v
  - Salsa v / Holy F\*ck / Dr Pepper BBQ v / Gravy v / Baconnaisse
  - Maple Syrup v / Thousand Island v / Guacamole v (£2.50)
- £1.50 EACH**

## BURGERS

All burgers are served on a sesame brioche bun

	on its own	with fries		on its own	with fries
<b>CHICKEN</b>			<b>BEEF</b>		
<b>CLASSIC</b>	£9.50	£12.00	<b>ROOKIE</b>	£9.50	£12.00
Grilled Breast, Cheese, Green Garlic Mayo, Salad			<i>FOR THE FUSSY ONES!</i>		
<b>CAPTAIN CRUNCH</b>	£10.50	£13.00	2 4oz, Cheese, Thousand Island, Caramelised Onion, Salad		
Deep Fried Breast, Breakfast Cereal Coating, Green Garlic Mayo, Honey Mustard, Pickles, Salad			<b>JUICY LUCY</b>	£12.50	£15.00
<b>NAZANDA CHICKEN</b>	£12.50	£15.00	8oz, Molten Cheese INSIDE		
<i>BEST SELLER!</i>			Patty, Bacon, Thousand Island, Caramelised Onion, Salad		
Grilled Breast, Frank's Red Hot, Jalapeños, Hashbrown, Cheese, Green Garlic Mayo, Salad			<b>KRISPY KREME</b>	£13.50	£16.00
<b>NASHVILLE HOT</b>	£12.50	£15.00	<i>BEST SELLER!</i>		
<i>OUR FAVOURITE!</i>			2 Original Glazed Doughnuts, 2 4oz, Cheese, Caramelised Onion, Bacon		
Deep Fried Thigh, Nashville Rub, Pickles, Lettuce, Cheese, Sriracha Mayo, Ranch			<b>NAZANDA BEEF</b>	£12.50	£15.00
<b>HOLY F*CK</b>	£11.50	£14.00	2 4oz, Frank's Red Hot, Jalapeños, Hashbrown, Cheese, Thousand Island, Caramelised Onion, Salad		
<i>CONTAINS NAGA GHOST CHILLI!</i>					
Grilled Breast, Holy F*ck Sauce, Cheese, Salad, Green Garlic Mayo					

**DOUBLE UP £3.50**

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# STEAKS

Served with Skinny Fries, Salad & Coleslaw

- BRONTOSAURUS BEAST** £54.95  
32oz Ribeye
- NEW YORK STRIP** £24.95  
8oz Sirloin
- SAUCES**  
Garlic Butter / Dr Pepper BBQ
- EXTRAS**  
Bacon / Turkey Bacon £2.00  
Fried Egg, Mushrooms, Blue Cheese £1.00

## RIBS

Served with Skinny Fries & Coleslaw

- PORK RIBS** Half £15.50 Full £26.95
- BEEF RIBS** £26.95

## SOUTHERN COMFORT CORNER

- GOTTS COVE SEABASS** £17.95  
Our Favourite! Blackened Cajun Fillet, Skinny Fries, Salad, Green Garlic Mayo
- WAFFLE CRUNCH** £13.50  
Homemade Waffle, Chicken Tenders, Maple Syrup. Add Fried Egg £1 / Bacon £2

## VEGGIE & VEGAN

- SPICY JALAPEÑO GRILLER v** £12.50 | £15.00  
*VEGAN OPTION AVAILABLE!*  
Spicy Plant Based Patty, Mushrooms, Cheese, Jalapeños, Salsa, Green Garlic Mayo, Salad
- BBQ QUORN BURGER v** £12.50 | £15.00  
"Beef" Quorn Patty, Dr Pepper BBQ Sauce, Thousand Island, Mushrooms, Cheese & Salad
- VEGAN KRISPY KREME vg** £13.50 | £16.00  
2 Vegan Original Glazed Doughnuts, PB Patty, PB Cheese, PB Bacon, Caramelised Onions
- HALLOUMI CRUNCH v** £11.50 | £14.00  
Halloumi pieces coated in Breakfast Cereal, Chilli Jam, Green Garlic Mayo, Salad, Pickles

# MAN vs FOOD

London

# CHALLENGES

ALL SUCCESSFUL CHALLENGES WILL WIN A MVF T-SHIRT & A PHOTO ON OUR LEGENDS BOARD!  
TO ATTEMPT ANY OF OUR CHALLENGES - PLEASE ORDER DIRECTLY AT THE TILL.

Not brave enough  
to take on a  
challenge alone?  
Buy & share  
with your friends  
& family instead!

CAN YOU HANDLE



fire

in the hole

18+

FOUR DOUBLE BONDED BUFFALO WINGS COATED IN NAGA GHOST CHILLI SAUCE. CHALLENGE HAS NO TIME LIMIT HOWEVER CONTENDER IS NOT ALLOWED TO TAKE ANY LONG PAUSES. ONCE COMPLETED CONTENDER MUST WAIT 4 MINUTES AFTER BURN TIME. THROUGHOUT THE CHALLENGE & AFTER BURN TIME; DRINKING, LEAVING YOUR SEAT & WIPING YOUR FACE IS PROHIBITED. CONTENDER MUST SIGN A WAIVER BEFORE TAKING PART IN THE CHALLENGE.

PRICE  
£30

WIN YOUR MONEY BACK

## BIG OL' BELLY BUSTER

3.5KG BURGER SERVED WITH SALAD, CHEESE & MAYONNAISE. CHOOSE FROM BEEF OR 10 CHICKEN BREASTS. NO SIDES INCLUDED. 40 MINUTE TIME LIMIT. PLEASE NOTE: DUE TO ITS SIZE, THE BEEF BELLY BUSTER CAN TAKE UP TO 1 HOUR TO COOK.

PRICE

PRICE  
£80

WIN £350 CASH

## 30 WINGS

30 DOUBLE BONDED BUFFALO WINGS COATED IN EITHER DR PEPPER BBQ, FRANK'S RED HOT OR HALF AND HALF. BONES MUST BE COMPLETELY CLEAN. 30 MINUTE TIME LIMIT.

PRICE  
£60

WIN £100 CASH

## METRE LONG HOT DOG

9 FRANKFURTERS, BEEF CHILLI, CHEESE, JALAPENOS, WHITE ONION. 30 MINUTE TIME LIMIT.

PRICE  
£60

WIN £100 CASH

## BANANA SPLIT BELLY SPLITTER

THREE POUNDS OF VANILLA ICE CREAM TOPPED WITH TWO BANANAS, WHIPPED CREAM, CHOCOLATE SAUCE, NUTS, SPRINKLES & CHERRIES. CONTENDER HAS 30 MINUTES TO COMPLETE USING ONLY A TEASPOON.

PRICE  
£30

WIN YOUR MONEY BACK

## THREE LITTLE PIGGIES

THREE FULL RACKS OF PORK RIBS, REGULAR FRIES, REGULAR COLESLAW. ALL BONES MUST BE COMPLETELY CLEAN. 30 MINUTE TIME LIMIT.

PRICE  
£60

WIN £100 CASH

## BLANCO DIABLO

SPICY BEAN BURGER COATED IN FIRE IN THE HOLE SAUCE! NO DRINKING OR WIPING OF THE FACE. NO TIME LIMIT BUT NO LONG PAUSES ALLOWED. ONCE COMPLETED MUST WAIT 4 MINUTES AFTER BURN. MUST SIGN A WAIVER FORM BEFORE THE CHALLENGE.

PRICE  
£30

WIN YOUR MONEY BACK

Food allergies & intolerances  
Before ordering please speak to  
our staff about your requirements.



All Meals Can Be Prepared Under Halal Regulations Upon Request



manvsfoodlondon

**LUNCH MENU**  
**MONDAY-FRIDAY 12PM-4PM**  
**ALL MEALS £8.95**

# BURGER MEALS

## ROOKIE CHEESEBURGER + FRIES

4OZ PATTY, AMERICAN CHEESE, CARAMELISED ONION, SALAD & THOUSAND ISLAND SAUCE

## CLASSIC CHICKEN BURGER + FRIES

GRILLED CHICKEN BREAST, AMERICAN CHEESE, SALAD & GREEN GARLIC MAYO

## CAPTAIN CRUNCH + FRIES

DEEP FRIED BREAST, BREAKFAST CEREAL COATING, GREEN GARLIC MAYO, HONEY MUSTARD, PICKLES & SALAD

## HALLOUMI CRUNCH [V] + FRIES - OUR NEW FAVOURITE!

2 HALLOUMI PIECES, BREAKFAST CEREAL COATING, CHILLI JAM, LETTUCE & GARLIC MAYO

## BBQ QUORN BURGER [V] + FRIES

QUORN PATTY, DR PEPPER BBQ SAUCE, AMERICAN CHEESE, MUSHROOM, SALAD & THOUSAND ISLAND SAUCE

## VEGAN JALAPENO GRILLER BURGER [VG] + FRIES

SPICY JALAPENO GRILLER, VG CHEESE, VG MAYO, SALAD, MUSHROOM, VG BUN

# CHICKEN MEALS

## 3 BUFFALO WINGS + FRIES

FRANKS RED HOT OR DR PEPPER WINGS. SERVED WITH BLUE CHEESE DIP

## 3 TENDERS + FRIES

LEMON PEPPER, ORIGINAL FRIED CHICKEN, NASHVILLE HOT OR CAPTAIN CRUNCH TENDERS. SERVED WITH ONE DIP

# HOT DOGS

ADD CHILLI SALT TO YOUR FRIES 25P

## PLAIN JANE + FRIES

FRANKFURTER & CARAMELISED ONIONS IN A BRIOCHE BUN

## CHILLI DOG + FRIES

FRANKFURTER, BEEF CHILLI, CHEESE, JALAPENOS & WHITE ONION IN A BRIOCHE BUN

# DESSERT MENU

## WARM CHOCOLATE BROWNIE

INDULGENT CHOCOLATE BROWNIE WITH DARK AND WHITE CHOCOLATE CHUNKS. SERVED WITH ICE CREAM, CHOCOLATE SAUCE & SEASONAL FRUIT  
£7.50

## MONTHLY SPECIAL!

ASK OUR TEAM ABOUT THIS MONTHS NEW DESSERT!

## RED VELVET CHEESECAKE

RED VELVET SPONGE WITH A LAYER OF CHOCOLATE FUDGE TOPPED WITH CHOCOLATE CURLS ON A CRUNCHY BISCUIT BASE. SERVED WITH WHIPPED CREAM, WHITE CHOCOLATE SAUCE & SEASONAL BERRIES  
£7.95

## LOTUS BISCOFF CHEESECAKE

VANILLA CHEESECAKE SWIRLED AND TOPPED WITH LOTUS BISCOFF SPREAD ON A CRUNCHY BISCUIT BASE. TOPPED WITH LOTUS BISCOFF SAUCE, CRUMBS & SERVED WITH WHIPPED CREAM  
£7.95

## CHOCOLATE & SALTED CARAMEL FUDGE CAKE [VG]

THREE LAYERS OF MOIST CHOCOLATE SPONGE CAKE FILLED WITH SEA SALTED CARAMEL SAUCE AND CARAMEL FROSTING. SERVED WITH PLANT BASED SALTED CARAMEL ICE CREAM & SEASONAL BERRIES  
£7.50

## HOMEMADE WAFFLES

CHOOSE ANY SAUCE & TOPPING

SAUCE: LOTUS BISCOFF, MILK CHOCOLATE, WHITE CHOCOLATE  
TOPPING: STRAWBERRIES, BANANAS, OREO, KINDER BUENO  
SERVED WITH ICE CREAM, WHIPPED CREAM & MAPLE SYRUP  
£9.95

## SCOOP OF ICE CREAM

VANILLA, SALTED CARAMEL, MINT CHOCOLATE CHIP, TRIPLE CHOCOLATE  
£2.50

## MVF SIGNATURES

### poison ivy

jose cuervo silver tequila, jasmine verte, blue curaçao, pineapple, passion fruit, fresh lime **12.95**

### love struck \*

absolut vodka, strawberries, pineapple, lemon, rose **12.95**

### call me daddy \*

bombay sapphire gin, strawberry, grapefruit, fresh lime, apple **13.50**

### frozen let that man-go margarita

jose cuervo silver tequila, cointreau, tajin, mango, fresh lime, chammy **12.95**

### pretty woman

absolut vodka, raspberry, strawberry, fresh lime, lemonade, candy floss **12.50**

### tropic like it's hot \*

wray & nephew rum, grenadine, orange, pineapple, fresh lime, spices **13.50**

### el diablo

jose cuervo silver tequila, creme de cassis, fresh lime, ginger beer **12.95**

### flamin' zombie

havana club 3, Havana club 7, Havana club spiced, orange juice, passion fruit, pineapple juice, orange bitters, lemon & lime **£14.50**

# MAN vs FOOD

London

## cocktails, beers & wine

### THE CLASSICS

#### pornstar martini

absolut vanilla vodka, passoa, passion fruit, lime, prosecco **11.50**

#### mojito \*

dead man's fingers white rum, fresh mint, fresh lime, soda **11.50**

**add strawberry, passion fruit or raspberry £1**

#### blue lagoon \*

absolut citron, blue curaçao, fresh lemon, lemonade **11.50**

#### cuban colada \*

havana club 3, coconut cream, pineapple, fresh lime **11.95**

**add a dark rum floater £3**

#### frozen strawberry daiquiri \*

dead man's finger white rum, fresh strawberries, fresh lime, grenadine **11.50**

**add a dark rum floater £3**

#### long island iced tea \*

absolut vodka, gordon's dry gin, Jose cuervo silver tequila, dead man's finger white rum, cointreau, Coca Cola **12.50**

#### dark & stormy \*

Havana club 7 dark rum, ginger beer, bitters, fresh lime **11.50**

### BEERS & CIDER

camden hells 4.6%

4.95 | 7.50

stella 4.6%

4.50 | 6.95

### CHAMPAGNE & SPARKLING

175ml Glass | Bottle

Canti Prosecco

£6.95 | £30

Moët & Chandon Imperial Brut

£80

#### WHITE

125ml Glass | Bottle

Oyster Bay Chardonnay

£6.95 | £32

(Australia)

Oyster Bay Sauvignon Blanc

£6.95 | £32

(New Zealand)

Previata Pinot Grigio

£5.95 | £28

(Italy)

#### ROSE

Previata Pinot Blush

£5.95 | £28

(Italy)

#### RED

Trivento Reserve Malbec

£6.50 | £30

(Argentina)

#### SPIRITS

standard spirit & mixer:  
single £5.50 | double £9

premium spirit & mixer:  
single £8.95 | double £13.50

# HAPPY HOUR

**MON-FRI: 5PM-7PM**

**buy one, get one free. all cocktails marked \* are included.**

not to be used with any other offers. buy one, get the same cocktail free. no ID, no sale.

Don't see your favourite drink on our menu? Ask our bartenders!

Please inform your server of any allergies or intolerances you may have before ordering. we can not guarantee zero cross contamination between allergens

# MAN vs FOOD

London

softs, shakes & other stuff

## MILKSHAKES £6.50

**NO GUNK. JUST ICE CREAM & MILK.**

VANILLA  
BANANA  
STRAWBERRY  
CHOCOLATE  
OREO  
REESES PEANUT BUTTER CUP  
FERRERO ROCHER  
KINDER BUENO WHITE  
DAIM  
SNICKERS  
AERO MINT  
LOTUS BISCOFF  
SALTED CARAMEL  
BUBBLEGUM  
SKITTLES

SERVED WITH WHIPPED CREAM & SPRINKLES

**MIX ANY TWO FLAVOURS FOR AN EXTRA £1.50**

## MOCKTAILS £8.50

### virgin pina colada

*coconut cream, pineapple, fresh lime*

### no-jito

*fresh mint, fresh lime, sugar syrup, soda*

*add strawberry, passion fruit or raspberry £1*

### tiki-punch

*grapefruit, lime, passion fruit, strawberry, apple, ginger beer*

### hubba hubba

*watermelon, apple, lemon, lime, elderflower tonic*

## SOFT DRINKS

COKE	£2.95
COKE ZERO	£2.95
FANTA	£2.95
SPRITE ZERO	£2.95
ROOT BEER	£3.50
DR PEPPER	£2.95
GINGER BEER	£3.25
RED BULL	£3.50
STILL WATER	£2.25/£3.95
SPARKLING WATER	£2.50/£4.50

## JUICE

APPLE, CRANBERRY,  
PINEAPPLE, ORANGE £2.95

PEACH ICED TEA	£4.50
HOMEMADE LEMONADE	£4.25
HOMEMADE MINT LEMONADE	£4.50

## ICE CREAM FLOATS £5.50

TWO SCOOPS OF ICE CREAM  
TOPPED WITH YOUR  
CHOICE OF

ROOT BEER  
COCA COLA  
DR PEPPER  
GINGER BEER

## KIDS DRINKS £1.95

FRUIT SHOOT  
APPLE JUICE  
ORANGE JUICE