

OUR STORY!

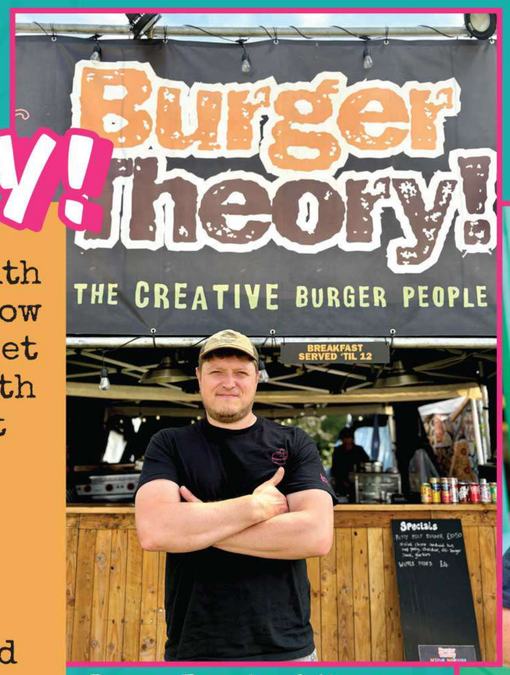
Burger Theory started back in 2012 with a simple mission: make burgers that blow people's minds. It all kicked off with a street food stall, two mates, and a serious obsession with bold flavours and proper ingredients. We weren't interested in boring burgers—these were theory-tested, sauce-dripping, juicy masterpieces!

Since then, we've popped up at festivals, gone to Glastonbury, fed thousands of hungry humans, and kept pushing the limits of what a burger can be. Along the way, we've built an awesome crew, and found our forever home right here in Bristol. Now? We're still flipping burgers, still full of ideas, and still loving every bite of it.

THANKS FOR BEING PART OF THE STORY—NOW LET'S EAT!







Rory - Founder & Manager



Nick - Founder & Chef



SO! WHAT'S THE THEORY?

FROM MEAT TO BUN, WE ARE REALLY FUSSY ABOUT WHAT GOES INTO OUR BURGERS.

Our **BEEF** comes from Bristol Butchery legends Buxton's Butchers who source grass fed west country beef for our specially blended dry aged rib cap burgers which are full of beefy flavour. We salt on the grill so the meat does not dry out, sear to perfection and get that perfect caramelisation every time. You will find smashed, Oklahoma and a chunky 5oz patty choice on our menu.

ASK YOUR SERVER IF YOU'RE NOT SURE WHAT TO GO FOR!





FRIED CHICKEN is a special love of ours and getting the perfect crust and keeping the chicken as moist as possible is an artform we have worked at for years. We use chicken thigh, brined overnight then fried in our signature spiced dredge. Where better to go for **SOFT POTATO BUNS** than Hobbs House bakery, the best in the west.

VEG comes from Hugos who picks up only the best produce. When it comes to sauce our **CHEFS** have got plenty. We pickle and brine, marinate and blend. All of our recipes are unique, and they are what makes our food so special. We believe that if you put enough thought and craft into a burger the end result will be utterly delicious!

WING WEDNESDAYS

80p per wing
Available all wednesday when purchasing a drink, side or dessert

KIDS EAT FREE

One free kids meal with every full price burger
Available Monday - Friday 4 - 6pm

LUNCH DEAL

Free fries or slaw with any burger
Available Monday to Friday 12-4pm

All deals not in conjuntion with other offer





Burger Theory

Burger Theory

BURGERS

HOLY COW!

Our beef is a mix of fresh and dry aged rib cap with a good amount of fat because that's where the flavour is and helps to give that perfect caramelisation on the grill. 5oz patty's are cooked a little pink as standard, if you'd like yours well done, please let your server know. Smashed burgers come well done, but still juicy. An Oklahoma-style smash patty has sweet onions smashed and grilled into it for extra flavour!

SIMPLE THINGS (V, VG, GF) **£12.5**
5oz beef patty, house ketchup, gherkins, mayo, lettuce, red onion
Why not add: Bacon +2 American cheese +1 Monterey Jack +1.50

CHEESE THEORY (V, VG, GF) **£13.9**
Double smash patty, American cheese, Monterey jack, house ketchup, gherkins, mayo, lettuce, red onion
Why not add: Bacon +2

THE SHERIFF (V, VG, GF) **£14.5**
5oz beef patty, Monterey Jack, American cheese, bacon bits, pickled onion ring, bbq sauce, mayo, lettuce, red onion
Add: Crispy chicken thigh +4 Gherkins +1

THE OG (V, VG, GF) **£13.9**
DBL Oklahoma style smashed patty, American cheese, bacon bits, gherkins, OG burger sauce, lettuce
Why not add: Candied chillies +1

THE BLUE COW (V, GF, H) **£13.9**
5oz beef patty, blue cheese, chipotle mayo, candied chillies, pink pickled onions, house ketchup
Why not add: Bacon +2 American cheese +1 Gherkins +1

MRS TAO (V, VG, H) **£13.9**
Double smash patty, American cheese, streaky bacon, Yuzu miso mayo, Sweet pickled chillies, Laoganma crispy chilli oil
Why not add: Gherkins +1 Monterey Jack +1.5

PBNJ (V, VG, GF, H, N) **£13.9**
DBL Oklahoma-style smash patty, American cheese, bacon bits, blueberry habanero jam, miso peanut butter
Why not add: Candied chillies +1 Gherkins +1 Bacon +2

HAIRY BEAST (V, VG, GF) **£18.5**
5oz beef patty, crispy chicken thigh, Monterey jack, American cheese, bacon bits, pink pickled onions, BBQ sauce, or Buffalo hot sauce & creamy ranch, mayo, lettuce, red onion

DOUBLE DOWN YOUR PATTY

Why not add... Smash patty +2.5
Oklahoma Smash patty +3 5oz beef Patty +5

BIRD IS THE WORD

Our chicken is 24hr brined for juiciness, then dredged in our secret buttermilk and house spice blend before being fried to crispy perfection. Sauce it up, slap it in a bun and get ready for crispy, saucy, finger-lickin' happiness!

KFC (V, VG, H, N,) **£13.9**
Korean crispy chicken thigh, sticky chilli sauce, peanuts, chillies, spring onions, mayo, lettuce, red onions
Why not add: Gherkins +1 American cheese +1

YAY-SATAY (V, VG, H, N,) **£13.9**
Crispy chicken thigh, Miso peanut butter sauce, pink pickled onions, chillies, spring onions, peanuts, mayo, lettuce, red onions
Why not add: Gherkins +1

COCK-A-DOODLE (V, H) **£13.5**
Crispy chicken thigh, Buffalo sauce, creamy ranch dressing, mayo, lettuce, red onions
Add: Gherkins +1 American cheese +1 Bacon +2

CLUCK NORRIS (V, VG) **£13.5**
Crispy chicken thigh, smoky BBQ sauce, creamy ranch dressing, gherkins, mayo, lettuce, red onion
Why not add: American cheese +1 Bacon +2

THE BASIC BIRD (V, VG) **£12.5**
Crispy chicken thigh, mayo, lettuce, red onion
Why not add: Gherkins +1 American cheese +1 Bacon +2

PLANT POWER!

We can make most of our beef and chicken menu vegetarian or vegan. Just ask you server how the burgers will come. If you don't want to think so hard then here are some of our suggestions:

VEGGIE CHEESE THEORY (V, VG, GF) **£13.9**
Mock 'beef' patty, American cheese, Monterey jack, house ketchup, gherkins, mayo, lettuce, red onion

THE VEGGIE OG (V, VG, GF) **£13.9**
Mock 'beef' patty, American cheese, gherkins, OG burger sauce, lettuce
Why not add: Candied Chillies +1

NO MOO BLUE COW (V, GF) **£13.9**
Mock 'beef' patty, blue cheese, chipotle mayo, candied chillies, pink pickled onions, house ketchup
Why not add: American cheese +1 Gherkins +1

NO CLUCK COCK-A-DOODLE (V, H) **£13.5**
Mock fried chicken, Buffalo sauce, creamy ranch dressing, mayo, lettuce, red onions
Why not add: American cheese +1 Gherkins +1

VEGAN KFC V, VG, H, N) **£13.9**
Mock fried chicken, Korean sticky chilli sauce, peanuts, chillies, spring onions, mayo, lettuce, red onions
Why not add: Gherkins +1 American cheese +1

SIDES & FRIES

PICKLED ONION RINGS (V, VG) **£5**

FRIES (V, VG, GF) **£5**

ADD A SAUCE **£1.5**
OG burger sauce, BBQ sauce, ranch dressing, chipotle mayo

CREAMY RANCH SLAW (V, VG, GF) **£5**
Fresh crunchy slaw dressed in house ranch dressing.
Why not add: Candied chilies & blue cheese crumb +2

BUFFALO FRIES (V, H) **£11.9**
Buttermilk crispy chicken thigh, buffalo sauce, ranch sauce, blue cheese crumb, chives

SALT & PEPPER FRIES (VG, H) **£11.9**
Fries, spice shake, charred red, green pepper and onion, sweet pickeld chillies, crispy chicken thigh, curry sauce

CHICKEN & HALLOUMI

CRISPY FRIED CHICKEN BITES small £8 large £13

JUICY FRIED CHICKEN WINGS 6x£8 12x£13

HEAVENLY HALLOUMI FRIES (V) **£8**

CHOOSE YOUR STYLE:

PLAIN JANE
Plain and simple

SATAY STYLE
Peanut sauce, fresh red chilies, crushed peanuts, spring onions

KOREAN HOT
Sticky chili sauce, peanuts, chilies, spring onions

BUFFALO STYLE
Buffalo sauce, ranch dressing, chives

BBQ-RANCH STYLE
Smokey BBQ sauce, ranch, crispy onions

KEY
V= AVAILABLE VEGETARIAN
VG= AVAILABLE VEGAN
H= HOT N' SPICY
N= CONTAINS NUTS
GF= AVAILABLE GLUTEN FREE

Allergen Info: All our food is prepared in a kitchen where nuts, gluten & other allergens are present, and our menu descriptions do not include all ingredients. If you have a food allergy, please let us know before ordering. Full allergen information is available on request.

Service Charge: An optional 12.5% service charge will be added to every bill. 100% of this goes to our hard-working team. Thank you

MILKSHAKES

ALL SHAKES SERVED THICK AND MADE WITH REAL CLOTTED CREAM ICE CREAM!

VERY VANILLA (VG, GF) £7
Vanilla clotted cream ice cream, whipped cream, chocolate sauce

STRAWBERRY JAM (VG, GF) £7.5
Strawberries, strawberry jam, strawberry sauce, whipped cream

CHOCOHOLIC SHAKE (VG, GF) £7.5
Luxury chocolate sauce, whipped cream, white chocolate sauce

BANOFFEE SHAKE (VG, GF) £8.5
Bananas, toffee sauce, whipped cream

BISCOFF SHAKE (VG) £8
Biscoff sauce, biscoff crumb, toffee sauce, whipped cream

OREO SHAKE(VG) £8
Oreos, whipped cream, chocolate sauce, Oreo crumb

CHOCOLATE BROWNIE SHAKE (VG) £8.5
Chocolate sauce, brownie chunks, whipped cream

BOOZY BISCOFF SHAKE £11
Biscoff sauce, Absolut Vanilla, Kahlua, whipped cream, toffee sauce, biscoff crumb

YOU CAN MAKE ANY OF OUR SHAKES BOOZY! £4
Absolut Blue, Buffalo Trace Bourbon, Amaretto, Kahlua £4.8
Absolut Vanilla, Cazcabel Coffee tequila

HOT DRINKS

Oat or dairy milk available

COFFEE
Americano, espresso £2.9
Latte, cappuccino, flat white £3.5
Ice Latte £3.5
Add: Caramel syrup, hazelnut syrup +£1

TEA £2.9

SUNDAES £7.9

STRAWBERRY JAM SLAM (VG, GF)
Clotted cream ice-cream, strawberry jam, white chocolate sauce, whipped cream, mini meringues, marshmallows

BISCOFF BOMB (VG)
Clotted cream ice-cream, Biscoff sauce, Biscoff crumbs, whipped cream, more biscoff!

OREO BROWNIE STACK
Clotted cream ice-cream, Chocolate brownie chunks, Oreo crumb, chocolate sauce, whipped cream

TOFFEE POP SUNDAE (VG)
Clotted cream ice cream, toffee sauce, whipped cream, toffee popcorn, salted pretzel

DESSERTS

BROWNIES
Epically gooey homemade brownies.
Ask your server for this week's flavour.

-With ice-cream £7.9
-Solo £5.5

KIDS ICE CREAM £3.5
Clotted cream vanilla ice-cream.
Choose your sauce: Biscoff, chocolate, toffee, white chocolate

MERCH

T-SHIRT White/Black £25
The KFC
The OG
The Sheriff

SAUCES 1x£5 3x£12
House ketchup
Sticky Korean chili sauce
OG burger sauce

KEY

VG= Available vegan GF= Available gluten free

Burger Theory

DRINKS & DESSERTS



COCKTAILS

CLASSIC MARGARITA £9.5
Olmeca Blanco, mezcal, triple sec, lime

SMOKEY BLUE MARGARITA £10.5
Olmeca Blanco, mezcal, lime,
triple sec, blueberry habanero jam

CHERRY COLA SOUR £10
Buffalo Trace Bourbon, amaretto,
lemon, cherry syrup, cola

THEORY ESPRESSO MARTINI £9.5
Absolut Vanilla, Kahlua,
fresh espresso, brown sugar

TOKYO SMASH £10
Mango, yuzu sherbert syrup,
Havana club 3yo, lime, mint

COCONUT MOJITO £9.5
Havana Club White, Cazcabel Coconut,
mint syrup, lime, mint, soda

HARD PEACH PALMER £9.5
Iced tea black tea, lemonade,
peach syrup, absolute vodka

SPIRITS S/D

HOUSE SPIRITS/LIQUEURS £4/6
Absolut Blue, Buffalo Trace Bourbon
Bristol Dry gin, Havana Especial,
Olmeca Blanco tequila, Amaretto

PREMIUM SPIRITS £5/7
Absolut Vanilla, Havana club 7yr old rum,
Havana club 3yr old rum,
Cazcabel Coffee tequila,
Cazcabel Coconut tequila,
Monte Alban Mezcal

BURGER THEORY SERVES S/D

BRISTOL DRY G&T £8/10
Bristol dry gin,
double Dutch tonic water, lime

IT'S A GIN TING £8/10
Bristol dry gin,
ting grapefruit, lime

RUM AND GINGER £9/11
Havana 7yr old, ginger beer, lime

ESPECIAL CUBA LIBRE £6.5/8.5
Havana especial rum, cola, lime

BOURBON COLA £7.5/9.5
Buffalo Trace Bourbon, cola, lime

COCONUT TEQUILA COOLER £9/11
Cazcabel Coconut, Rio tropical, lime

AMARETTO COLA £7.5/9.5
Amaretto, cola, lime wedge

HOUSE COOLERS £5.5

TOKYO FIZZ
Mango, yuzu Sherbert syrup,
lime, soda, mint

CHERRY SHERBET
Cherry & vanilla syrup, lime juice,
apple juice, soda, lemon

PINNEAPPLE MOJITO COOLER
Mint syrup, pineapple juice,
lime juice, soda, mint

LEMON PEACH PALMER
Black tea, peach syrup,
lemon juice, soda, lemon

DRAUGHT PINT/HALF

Asahi super Dry. Lager 5%	£6.6/3.5
Mean Time IPA 5%	£6.8/3.5
BBF Independence Pale ale GF 4.6%	£6.5/3.5

BOTTLES/CANS

Burger Theory pale ale 4.1%	£6.3
Crabbie's Ginger Beer. Alcoholic 5%	£6.3
BBF Clear Head 0.5% IPA	£5.8
Old Mout Cider Berries & Cherries 4%	£6.5
Cornish orchard Cider 5.2%	£6.5
Asahi Alcohol Free Lager 0%	£5.8

WINE 175 / 250 / BTL

House Red	6.5 / 8.5 / 23.9
House Rose	6.5 / 8.5 / 23.9
House White	6.9 / 8.9 / 24.9
Prosseco	5.5 / - / - / 24.9

SOFT DRINKS

DRAFT LARGE £4.5 REGULAR £3.5
Pepsi, Pepsi max, lemonade

JUICE £3.9
Orange, apple, pineapple

CANS/BOTTLES £4
Appletiser, Ting grapefruit,
Rio tropical, Dr. Pepper,
Old Jamaica Ginger beer
Double Dutch tonic (Regular/light)

COUNTER CULTURE KOMBUCHA SODA £4.3
Mango, ginger and lime
Rhubarb and hibiscus

LIVING THINGS BIOTIC SODA £4.2
Peach & Blood orange
Rhubarb & apple

KIDS!

£7.90

CHOOSE YOUR MAIN

BABY CHEESE
3oz beef patty, Heinz, cheese, lettuce, mayo

COW BOY
Crispy chicken thigh, lettuce, mayo

NUGGETS
6 chicken nuggeets, Heinz

CHOOSE A SIDE

FRIES
Fries, Heinz

SLAW
Creamy ranch slaw

CHOOSE A DRINK

Apple juice
Orange juice
Pineapple juice
Lemonade







KIDS EAT FREE

One free kids meal deal with every full price burger
Available Monday - Friday 4 - 6pm



CHRISTMAS SPECIALS

BURGERS

THE CHEESEBOARD (V, GF, H) 13.9

5oz beef patty, monterey jack, Stilton, deep fried brie, jalapeño jam, crispy bacon, chipotle mayo, lettuce, red onion

PIG OUT 15.9

Sausage, bacon and cranberry stuffing patty, slow roast pork belly, American cheese, crispy bacon bits, gravy mayo, crimbo slaw, apple sauce, lettuce, red onion

CHRISTMAS BEETS (V, GF, H) 13.9

Beetroot and walnut pattie, chipotle mayo, crimbo slaw, Stilton, jalapeño jam, house ketchup, crispy onions, lettuce, red onion

SIDES

PIGGY POUTINE 11.5

Fries, cheese curds, Nick's best chicken gravy, pigs in blankets, pickled red onions

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CHRISTMAS SPECIALS

MILKSHAKES

THE GINGER BREAD MAN — 8.5

Ginger nuts, toffee sauce, clotted cream ice cream, whipped cream, cinnamon

MINT TO BE — 8.5

After eights, clotted cream ice cream, whipped cream, chocolate sauce

DESSERTS

BLACK FOREST BROWNIE — 5.5

Gooey brownie, double chocolate, kirsch cherries, double cream

Add ice cream + 2.4

COCKTAILS

BLACK FOREST MARTINI — 9.5

Absolute vanilla, chambord, cherry juice, cream, creme de cacao

SCROOGE SOUR — 9.5

Spiced rum, amaretto, apple juice, mulling spice infused syrup, lemon juice