



Breakfast until 11:30am

2 slices of toast with butter & marmalade or jam **£2.80**

2 eggs, sausage, rasher of bacon, mushroom, tomato, toast ... with either tea, coffee or orange juice **£10**

Any two of the breakfast items on toast **£6** add smoked salmon **£8.50**

Cauliflower steak seasoned with Ras el Hanout, served with mushroom, tomato, topped with eggs **£9**

Bacon or sausage in ciabatta (available all day) **£5.80**

Bowl of muesli: rolled oats, chopped fruit & nuts, honey **£5.50** (V/VGN with soya milk)

Bowl of yogurt with sliced banana, maple syrup & topped with hazelnut nibs **£4.50** (V)

Hot smoked mackerel fillet on rye, pickled dill, creamed horseradish **£7.50** (GF/DF) add poached eggs **£9.50** (GF)

Available all day

Salad Bowl **£4.5** / Plate **£8** each portion served with a little red oak leaf

Pasta shells, red onion, capers, basil pesto (V) **or** Carrot, white cabbage, turmeric, mustard seeds, lemon (V/VGN)

Cauliflower, chick peas, za'atar, pomegranate, yogurt (V) **or** Broccoli, honey, soy, lime, ginger (V/VGN)

Welsh rarebit toastie - in wheat, rye & sourdough bread with cheese, sliced tomato, mushroom **£6** (V)*

Smoked salmon, crème fraiche, rocket in a soft white challah roll topped with sesame seeds **£6** *

Freshly baked ciabatta filled with either:

Locally baked breaded ham, tomato and mustard **£6** *

Chicken breast, fajita mayo, tomato and rocket **£6** *

** served with a little mixed salad garnish on the side if you like*

Classic Cumberland sausage roll **£3.50**

Or try Cumberland with cranberry and leek **or** Cumberland with cheddar & Branston pickle **£3.80**

Quiche of the day **£10** (V)

Served with a choice of salad & coleslaw from the counter

Served out of the Kitchen from 12.30pm

Aubergine Parmigiano **£10** served with rocket salad

Chili con carne with beef steak, red kidney beans, ground roast local coffee, chocolate & smoked paprika **£10**

Topped with grated mature cheddar, crème fraiche & spring onions served with ciabatta extra portion bread additional £2

Red lentil dahl seasoned with turmeric, ginger, garlic, cumin & coriander (V/VGN) **£8**

Served with wholemeal Indian chapatti (V) extra portion bread additional £2

Something Sweet

Plain croissant with butter or jam **£2.50**

Pain au chocolat **£2.50**

Carrot cake with cream cheese frosting **£3.50**

Passion fruit & lime (VGN) **£3.50**

Bakewell tart **£3**

Sussex apple cake **£3.50**

Rhubarb & ginger cake **£3.50**

Chocolate brownie **£3** (GF)

Coconut and raspberry cake **£3.50**

Lemon semolina drizzle cake **£3**

Red velvet cake **£3.50**

Coffee and walnut cake **£3.50**

Chocolate olive oil cake **£3.50** (GF/DF)

Cranberry & apricot flapjack **£3**

Fruit or plain scone with butter **£3**

Add clotted cream, homemade berry jam or extra butter for an additional 50p each per portion

Wines & Prosecco

Glass of House red or white - 175ml **£5.50** or 250ml **£7.50**

Chilean Merlot or Sauvignon Blanc

Bottle of house red or white **£20**

Bottle of Canal Grande Prosecco - **£35**

Small bottle La Marcha Prosecco – 200ml - **£8.50**

Beers, Lagers and Ciders

Sussex Cider 500ml **£4.50**

Hornet Dry cider 500ml **£4.50**

Longman Best Bitter 500ml **£4.50**

Longman American Pale Ale 500ml **£4.50**

Meantime London Lager 330ml **£4**

Meantime London Pale Ale 330ml **£4**

Brewdog Kingpin Pilsner 330ml **£4**

Brewdog Nanny State (AF) 330ml **£4**

Coffees or Hot Chocolate

Add 50p extra for Soya milk

Cappuccino **£2.50**

Latte **£2.50**

Flat white **£2.50**

Americano **£2.50**

Mocha **£3.50**

Hot chocolate **£3.00** with marshmallows and/or cream add 50p extra each

Espresso **£2.00**

Babychino **£2.00**

Teas

Everyday **£2.00**

Earl grey **£2.50**

Rooibos **£2.50**

Mint **£2.50**

Chamomile **£2.50**

Green **£2.50**

Soft Drinks

Sicilian lemonade **£2.90**

Cool ginger beer **£2.90**

Elderflower bubbly **£2.90**

Luscombe Orange juice **£2**

Luscombe sparkling apple juice **£2.90**

Luscombe still apple juice **£2**

Coke or Diet coke **£2.50** (bottled)

Hildon still or sparkling mineral water 330ml **£2.50**

Hildon still or sparkling water 750ml **£5.50**

Harrogate still or sparkling water 330ml (plastic) **£2.00**

Glass of milk **£1.50**

NEW! Milkshakes made with either vanilla, strawberry or chocolate ice-cream and topped with whipped cream **£4**

All our food is prepared in a kitchen which uses nuts. If you have an allergy, please speak to a member of staff.