

Breakfast

Served Monday - Sunday from 8am - 12pm

Please check our board for Chef Specials

SOAKED PORRIDGE OATS £5 (v)

Organic oats served cooked or raw with:
Banana/Berries/
Grated Apple + Cinnamon
available with cow/oat milk

TOAST £3

Freshly toasted sourdough served with jam, honey, marmalade, Marmite or Peanut Butter

GRANOLA GLORY £6

Fresh apple + blueberries layered with our homemade granola, CoYo coconut yoghurt, toasted hemp + maple syrup

AVOCADO SMASH £9 (extras £2 each) (v)

Hass avocado, fresh lemon, chilli + fresh herbs on toasted sourdough
Add poached eggs / smoked salmon / bacon

EGG ON TOAST £5 (extras £1.50 each) (v)

Eggs your way served on our sourdough toast
Add halloumi / buttered spinach / Heinz baked beans / grilled vine tomatoes

MUSHROOM OMELETTE £9 (v)

Mushrooms, thyme + goats curd, with tomato jam

BUTTERMILK PANCAKES £9 (v)

Fluffy pancakes served with blueberry compote, cinnamon cream + maple syrup

SHAKSHUKA £9 (v)

Tomato + pepper stew with cumin + fresh herbs all served on fried eggs

BAKED EGGS £8.50 (v)

Served with mushrooms, potatoes + gruyere cheese topped with chilli flakes

THE VEGETARIAN £11 (v)

Eggs, halloumi, spinach, chestnut mushrooms, grilled vine tomato, baked beans, fried potatoes + sourdough toast

THE FULL ENGLISH £11

Eggs, smoked bacon, Cumberland sausage, chestnut mushrooms, grilled vine tomato, baked beans, fried potatoes + sourdough toast

EGGS BENEDICT £7.50

Poached eggs served on warm muffins with crispy smoked bacon, spinach + hollandaise sauce

CHORIZO HASH £11

Chorizo, fried potato + onion served with runny fried eggs

SMOKED SALMON SCRAMBLE £9.50

Springs oak smoked salmon + scrambled eggs on sourdough toast

STEAK + EGGS £11

Griddled sirloin of Sussex beef + 2 fried eggs

KIPPERS FLORENTINE £9.50

Springs smoked kippers, poached eggs + spinach

Lunch Menu

Served Monday - Saturday 12pm-5pm

How it works

Choose your meal by selecting a dish from each box labelled 1, 2 and 3

£12

Please check our board for daily specials + dessert

1

Chicken

Free range chicken breast with
Harissa marinade

Lamb

Slow cooked shoulder of lamb
with Tamarind

Fish

Roasted fillet of locally caught
sea bass with yuzu

Vegan

Warm Aubergine, Tomato & Quinoa with
toasted pinenuts

Vegetarian

Warm Mediterranean Vegetable &
Goats Curd Puff Pastry Tart

2

Sweet Potato

Cucumber, mint + coconut yoghurt

Moroccan Couscous

With orange + ras el hanout

Mashed Potato

With white truffle oil

Chickpea Stew

With tomato + herbs

3

Chargrilled Asparagus

Courgette, tomatoes + halloumi

Fine Beans

Served chilled with new potatoes,
chilli + almonds

Wild Mushrooms

Lemon + cinnamon

Rocket Salad

With grilled artichoke hearts, sun blushed
tomato + pecorino cheese

Grind Coffee £3

We serve your coffee
however you like it;

Cappuccino

Latte

Flat White

Long Black

Cortado

Mocha

Oat Milk/Bonsoy/Almond Milk
available for 50p extra

San Pellegrino £2.50

Orange/Lemon/Lemon & Mint

Coke/Diet Coke/Sprite £3

Juice £3

Orange/Apple/Pineapple/Cranberry

Orange Fruit Shoot £1.50

Kingsdown Mineral Water

Still/Sparkling

330ml £2

750ml £3.50

Bluebird Tea £3.50

English Breakfast, Earl

Grey Crème, Mojitea,

Skinny Minny, Morning

Kick, Dozy Girl,

Gingerbread Chai, Honey

Bee Beautiful

Matcha Latte £4

Please ask for
varieties available

Sunday

Served Sunday from 12pm - 4pm
Please check our board for Chef Specials

AVOCADO SMASH £9 (extras £2 each) (v)

Hass avocado, fresh lemon, chilli + fresh herbs on
toasted sourdough

Add poached eggs / smoked salmon / bacon

THE VEGETARIAN £11 (v)

Eggs, halloumi, spinach, chestnut mushrooms,
grilled vine tomato, baked beans, fried potatoes
+ sourdough toast

THE FULL ENGLISH £11

Eggs, smoked bacon, Cumberland sausage, chestnut mushrooms,
grilled vine tomato, baked beans, fried potatoes
+ sourdough toast

SMOKED SALMON SCRAMBLE £9.50

Springs oak smoked salmon + scrambled eggs on sourdough toast

Hixon Roast

£12

Served from 12pm - 4pm

Calcot Farm roast of the day
with roast potatoes, seasonal vegetables +
gravy

or

Chef's Vegetarian Dish of The Day with
vegetarian roasted potatoes, seasonal
vegetables + beurre blanc sauce

Grind Coffee £3

We serve your
coffee however you
like it;

Cappuccino
Latte

Flat White
Long Black

Cortado
Mocha

Oat Milk/Bonsoy/Almond
Milk
50p extra

San Pellegrino £2.50

Orange/Lemon/Lemon & Mint
Coke/Diet Coke/Sprite £3

Juice £3

Orange/Apple/Pineapple/Cranb
erry

Orange Fruit Shoot £1.50

Kingsdown Mineral Water

Still/Sparkling

330ml £2

750ml £3.50

Bluebird Tea

£3.50

English Breakfast,
Earl Grey Crème,
Mojitea, Skinny
Minnie, Morning Kick,
Dozy Girl,
Gingerbread Chai,
Honey Bee Beautiful

Matcha Latte £4

Please ask for
varieties available