

# Breakfast

Monday - Friday from 8am - 12pm / Saturday 8am - 4pm / Sunday 8am - 3pm

## **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 £10 (extras £2 each) (v)**

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

## **EGG ON TOAST £6 (extras £1.50 each) (v)**

Free range eggs your way served on our sourdough toast

## **MUSHROOM OMELETTE £10 (v)**

Open omelette with smoked chestnut mushrooms, aged goats cheese, thyme + an onion & tomato jam

## **HIXON GREEN PANCAKE £10 (v)**

Served with fruit compote, vanilla and passion fruit cream, maple syrup and fresh berries. Sprinkled with cinnamon sugar

## **EGGS BENEDICT £8.50**

Free range poached eggs served on warm muffins with outdoor reared crispy smoked bacon, spinach + homemade hollandaise sauce

## **EGGS FLORENTINE £8.50 (v)**

Free range poached eggs served on warm muffins with spinach + homemade hollandaise sauce

## **EGGS ROYALE £9.50**

Free range poached eggs served on warm muffins with Springs oak smoked salmon, spinach + homemade hollandaise sauce

## **THE VEGETARIAN £13.50 (v)**

Free range eggs, halloumi, smoked chestnut mushrooms, grilled plum tomato, baked beans, buttered spinach, potato cakes + sourdough toast

## **THE FULL ENGLISH £13.50**

Free range eggs, outdoor reared smoked back bacon and Cumberland sausage, smoked chestnut mushrooms, grilled plum tomato, baked beans, potato cakes + sourdough toast

## **SMOKED SALMON SCRAMBLE £10**

Springs oak smoked salmon + free range scrambled eggs on sourdough toast

## **STEAK + EGGS £15**

Griddled sirloin of Sussex beef on a bed of baby spinach with 2 free range eggs + smoked chestnut mushrooms

## **Extras:**

Springs oak smoked salmon £2 / Outdoor reared bacon £2 / Black Pudding £1.50  
Free range poached eggs £2 / Halloumi £1.50 / buttered spinach £1.50 / Heinz baked beans £1.50 / grilled plum tomatoes £1.50

# Lunch Menu

Served Monday - Friday 12.30pm - 4pm

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

**£13**

1

**Chicken (GF/DF)**

Free range chicken breast with Harissa marinade

**Lamb (GF/DF)**

Slow cooked shoulder of lamb with Tamarind

**Seabass (GF)**

Roasted fillet of locally caught sea bass with  
yuzu

**Salmon (GF)**

Pan-fried salmon with anchovy + tomato

**Vegetarian**

Baked chickpea + halloumi no-meat balls in a

2

**Sweet Potato Smash (VG/GF)**

With a lime salsa

**Black Rice Salad (V/GF)**

With roasted carrots, shallots + ricotta

**Mashed Potato**

With white truffle oil

3

**Fine Beans**

Fine bean + edamame beans served chilled with  
lime,

green chilli + black sesame seeds

**Fried Broccoli + Kale (v)**

Served with garlic, cumin, chilli + lime

**Allotment Vegetables (V/GF)**

Your 5 a day roasted with garlic, kale + pesto

# Dinner

Served Monday to Saturday 5pm - 9.30pm

## Starters

### Spicy Calamari £6

Tempura battered squid with aioli

### Prawn Cocktail £6

with Marie rose sauce, baby gem + toasted sour dough

### The Best Hummus £5 (VG)

A subtle blend of spicy cumin, tangy lemon, sweet basil leaves + creamy tahini blended with chickpeas, olive oil + served with warm flatbread

### Soup of the Day £5 (V)

House bread + butter

### Barrel aged Bresaola £7

Cornichon, pickled onion, rocket + parmesan

## Mains

### Burger £13

Whiskey braised beef burger in a pretzel bun,  
Chipotle mayo + hand cut chips

### Crab £11

South coast crab with linguine, cherry tomatoes,  
lime, chilli, garlic + spring onions

### Fish + Chips £12

Fritto Misto - Tempura fried south coast Cod, Pollock, tiger prawns, squid +  
vegetables served with a harissa + lime  
Tartar Sauce + hand cut chips

### Kofta £12

Spiced lamb kofta, on house flatbread with spicy parsnip jam, pickled shallots +  
herb salad

### Lamb £14

Slow cooked lamb shoulder with tamarind, white truffle mash + allotment  
vegetables + a rich lamb Jus

### Salmon £14

Pan-fried salmon with anchovy + tomato dressed chargrilled purple sprouting  
broccoli, artichoke frits with hazelnuts  
+ barrel aged Feta

### Seabass £14

Pan-fried seabass, crushed sweet potato with French + edamame beans served  
chilled with lime, green chilli + black sesame seeds

### Vegetarian £10

Chickpea & Halloumi no-meat balls with tagliatelle in a  
rich tomato sauce

### Vegan £9

Slow cooked black lentils + kidney beans with burnt garlic, tomatoes + pounded  
chilli, house flat bread + mint raita