

Lunch Menu

Every dish on our menu is freshly prepared and cooked to order. Please bear this in mind during busy periods.

Mains

Gorgonzola and walnut tortellini, pesto cream, sautéed spinach, local style-parmesan (v) £13.95

Sussex Produce pie of the day, creamy mash, buttered greens, red wine jus £13.95

Homemade 'Belted Galloway' beef burger, toasted seeded brioche bun, smoked cheddar mayo, local free range bacon, triple cooked chips (gf*) £13.95

Local 'Portobello' mushroom, tahini and wild rice burger, toasted seeded bun, grilled spiced halloumi, avocado, triple cooked chips (v) £12.95

Extra sides: £2.50 each

- Creamy mash potato
- Triple cooked chips
- Seasonal buttered greens
- Mixed leaf salad
- Rocket & Parmesan salad
- Tomato, basil & red onion salad

Salads

Local wild mushrooms on toast, fried free range hens egg and fresh herb salad (v;gf*) £9.95

New season English asparagus, baby spinach and goats cheese quiche, mixed baby leaves and mezze salad (v) £9.95

Sophie's famous mezze: Three bean, sweet bell pepper; Moroccan style cous cous; Puy lentil and roasted vegetable; beetroot 'super food'; mixed salad leaves (v) £9.95

Please see blackboard of today's specials

Brunch

Eggs Benedict: honey and mustard glazed home cooked ham, buttered spinach and two local organic poached hen's eggs, Served on a toasted English muffin with hollandaise sauce (gf*) £9.95

Smashed avocado on toast, poached local organic free range hen's egg, toasted nigella seeds (v, gf*) £8.95 (**Add bacon £2.00**)

Eggs Royal: smoked salmon from 'Springs' Smokery' served on a toasted English muffin, two local organic poached hen's eggs with hollandaise sauce (gf*) £10.95

Local pitta from 'Mamoosh' bakery

Filled with your choices of filling. All pittas are served with a house salad and whole grain mustard dressing and vegetable crisps
(Swap the vegetable crisps for chips - extra 50p)

Roast free-range pork, apple sauce and crackling £8.95

'Springs' smoked salmon, dill cream cheese, watercress £9.95

Chargrilled vegetables and harissa marinated halloumi cheese with homemade pesto and rocket (v) £9.95

Key: v = vegetarian; gf = gluten free; * Asterisk means we can amend the dish to do this option if requested. Please see allergens sheet.

Please flip over for our children's menu and desserts

Dessert menu

Hot cross bun bread and butter pudding, homemade vanilla custard (v) £4.95

Steamed Bam date sponge pudding, caramel sauce, vanilla ice cream (v) £5.95

Chocolate fondant served with Seville orange and honeycomb ice cream (v) £6.95

Sussex cheese board, Sussex Brie, Brighton blue, Sussex Charmer, homemade fruit chutney, quince jelly, celery and cheese biscuits (gf*) £8.95

Selection of ice creams made from local double cream (v;gf) £4.95

Kids menu

(For children 12 and under)

All £5.95 and includes a juice drink

'Sussex Charmer' cheese sandwich (v;gf*)

Local cooked ham sandwich (gf*)

(Served with vegetable sticks and a handful of crisps)

Local Cumberland sausage, chips

Pasta with a tomato and herb sauce (v)

(We can also do some of the main menu dishes as children's portions. Please ask a member of the team)

Juices

Apple, orange or pear

Why not have a scoop of ice cream for dessert? Just £1.00