

## BREAKFAST

Served till 12

### Breakfast Board - 7.5

Bubble 'n' squeak cake, smashed avo, St. Ewe free range poached egg, tomato relish, granola & coconut panna cotta & 100% orange juice. (v)

### Kootenay roll - 6

St.Ewe free range scrambled eggs, chives, caramelised onions, cheddar cheese and sriracha mayo in a warm brioche bun.

+ *crispy streaky bacon* - 2

+ *smoked Toulouse sausage* - 2

### Granola & coconut panna cotta - 5.5

Served w fresh berries, mango coulis & micro sorrel. (gf)(v)(vf)

### Bacon roll - 4.5

Nelson tomato relish, aioli & spinach.

+ *fried egg* - 1

+ *smoked Toulouse sausage* - 2

+ *smashed avocado* - 2.5

### Toasted sourdough or bagel - 3

Deerview Sussex jams, marmite or crunchy peanut butter.

## BRUNCH

Served till 3

### Eggs any style - 5.5

Two St.Ewe Free range poached, fried or scrambled eggs on buttered seeded sourdough & side of Nelson tomato relish.(v) (gf option available)

*Build your own breakfast by adding sides.*

#### Eggs benny

Two St.Ewe free range eggs on bubble 'n' squeak cakes & fresh hollandaise  
Choose from:

*House cured beetroot salmon* - 9.3

*Crispy streaky bacon* - 8.5

*Kupros British Halloumi* - 8.5

### Veggie brekkie - 8.95

Poached or fried eggs on seeded sourdough w Kupros British halloumi, house beetroot hummus, sweet chilli, smashed avo, semi-dried tomatoes and smoked chestnut mushrooms. (v) (vegan option available)

### French toast - 8

Chocolate soil, chocolate mousse, white chocolate & black sesame seed brittle, salted caramel & fresh berries.

## SPRING

Food menu

### Maple banana

#### pancake stack - 7

Caramelised banana & maple syrup.(v)(gf)

+ *crispy streaky bacon* - 2

*Kids pancake portion* - 5

### Smashed avo - 6.95

On seeded sourdough, vine cherry tomatoes, radish, chimichurri, pea shoots & seeds.(v)(vf)(gf option)

+ *crumbled feta* - 1.5

+ *poached egg* - 1

+ *house cured beetroot salmon* - 3

+ *crispy streaky bacon* - 2

### Big brekkie - 8.95

Poached or fried eggs on seeded sourdough w semi-dried tomatoes and smoked chestnut mushrooms. Crispy streaky bacon & smoked Toulouse sausage.

+ *bubble 'n' squeak cakes* - 2.5

### Japanese omelette - 7.5

Served w kimchi rice, sesame soy dressing, lime & coriander. (v)(gf)

+ *cheddar cheese* - 1

+ *crispy streaky bacon* - 2

+ *smoked Toulouse sausage* - 2

## Sides

Seaweed salted crispy fries w/ house aioli - 3

Kupros British Halloumi - 2.5

Smoked Toulouse sausage - 2

Crispy streaky bacon - 2

Smashed avo - 2.5

Smoked chestnut mushrooms - 1.5

House beetroot hummus - 1.5

House-cured beetroot salmon - 3

Semi-dried tomatoes - 1.5

Bubble 'n' squeak cakes - 2.5

Crispy kale - 2

Smoked cheddar & jalapeno cornbread - 3

## LUNCH

Served 10.30 till 3

### Rainbow bowl - 8.5

Herb roasted sweet potato, fennel & apple slaw, smashed avo, red quinoa, crispy kale, semi-dried tomatoes, mixed seeds & chipotle chickpea dressing. (v)(vf)

+ *poached egg* - 1

+ *house cured beetroot salmon* - 3

### Fish Tacos - 9

Fresh haddock, pickled red cabbage, fennel & apple slaw, smashed avo, tahini yoghurt, coriander, fresh chilli's & lime.

+ *crispy seaweed salted fries w/ house aioli* - 3

£1

of every taco sold goes directly to the Eastbourne FoodBank to support local residents in crisis



## NELSON DEALS

### Fish Fridays £13

Fish tacos, fries & a beer/cider (12 till 3)

### Brunch Cocktails £5

When bought with any brunch or lunch dish (Thursday & Friday 10 till 3)

## FRESH SANDWICHES - 6.5

Hot

### Reuben w kimchi

Mature cheddar, pastrami & Russian dressing on seeded sourdough.

### Mature cheddar & crispy kale

Truffle oil on seeded sourdough.(v)

### BBQ pulled jackfruit

Apple & fennel slaw in a warm brioche bun.(v)(vf)

CoLd

### Smoked salmon

Whipped feta, dill & capers on a warm bagel.

### Falafel wrap

House beetroot hummus, spinach, pickled red cabbage & sweet chilli.(v)(vf)

*Add crispy seaweed salted fries with house aioli or a side salad with apple & fennel slaw - £3*

## BRUNCH COCKTAILS & FIZZ

### Mimosa

Orange juice, Dry Prosecco & Triple Sec.

6.7

### Espresso Martini

Hodson Blend espresso, Stolichnaya vodka & Kahlua.

6.9

### Grapefruit & Tarragon G&T

Tanqueray London dry gin, 100% grapefruit juice, fresh tarragon & Fever Tree tonic

6.9

### Bramble Spritz

Tanqueray London dry gin, Crème de Mure & fresh lemon juice.

6.9

### Elderflower Fizz

Dry Prosecco, elderflower, mint & fresh lemon juice.

6.9

### Dry Prosecco

Spumante NV, Italy

175ml Bottle

5.6 22

## BEER & CIDER

### Chapel Down

Curious Brew Lager

4.7% 330ml

4.2

### Asahi Lager

5% 330ml

4

### Gun Brewery

Scaramanga Pale Ale

3.9% 330ml

4.6

### Caple Road

No.3 Apple Cider

Chapel Down, 4.7% 330ml

4.3

## COFFEE by Ozone Coffee Roasters

	small	reg
Espresso	2.2	
Long Black	2.4	
Filter coffee	2.3	2.6
Macchiato	2.4	
Piccolo	2.4	
Flat White	2.7	
Cappuccino	2.7	3
Latte	2.7	3
Mocha	3.1	3.4

### Cold Coffee

Iced Latte	3.3
Iced Mocha	3.6
Iced Americano	2.6
Nitro Cold Brew	3.7
by Minor Figures	



### Bottomless Filter - 3.7

Infinite refills  
of our single  
origin filter

## TEA by Prince & Sons Tea Co

### Classic

English Breakfast	2.3
Earl Grey	2.4
Rooibos	2.4
Mint	2.3
Fresh Mint	2.9

### Infusions

Blood Orange	2.5
Chamomile & Rose	2.5
Lemongrass, Lime & Ginger	2.5
Chocolate	2.6
Cinnamon Chai	

### Green

Mao Feng	2.5
Matcha Tea	3.1

### Iced house sodas

Blood orange & mint tea	3.5
Grapefruit & lemon	3.5
Black & mint tea	3.5

## COLD PRESSED JUICE

By Moju

**The Orange One** 3.75  
Carrot, apple, red pepper,  
ginger, turmeric, lemon

**The Green One** 3.75  
Kale, spinach, lemon, apple,  
cucumber, ginger, celery

**The Purple One** 3.75  
Beetroot, apple, carrot,  
cucumber, lemon

**Ginger booster shot** 2.8

## OTHER HOT DRINKS

### Rainbow lattes

Made with Oat milk and honey	
Beetroot	3
Matcha	3.5
Turmeric	3
Rose (w espresso)	3.5

### Hot Chocolate

By West Coast Cocoa	
Normal	2.9
Peppermint	2.9
Chilli	2.9
White chocolate & orange	2.9
+ cream & marshmallows	0.5

### Chai

By West Coast Cocoa	
Chai Latte	2.9
Dirty Chai	3.5

## SOFT DRINKS

All 2.7

Karma Cola	
Karma Lemmy Lemonade	
Karma Gingerella	
Posh Pops Cream Soda	
Posh Pops Elderflower	
Posh Pops Plum & Cherry	
Wobblegate Apple Juice	
Luscombe Orange Juice	

## Our Suppliers

Ozone Coffee Roasters. Prince & Sons Tea Company. Moju  
J Heath & Son Butchers. Deerview Sussex. St.Ewe. Kupros Dairy

Allergy information available on request. (gf) gluten free. (v) vegetarian. (vf) vegan friendly  
(df) dairy free. (n) nuts (all dishes may contain traces of nuts). ALL tips go to the team.