

BREAKFAST Served till 12

AUTUMN

COCONUT MILK PORRIDGE 5.5

Spiced poached Sussex Egremont Russet apple, blackberry coulis & roasted hazelnut. (gf)(v)(vf)

BACON ROLL 4.5

Nelson tomato relish, aioli & spinach.

- + fried egg - 1
- + smoked Toulouse sausage - 2
- + smashed avocado - 2.5

BREAKFAST BOARD 7.5

Bubble 'n' squeak cake, smashed avo, Cacklebean free range poached egg, coconut milk porridge, Nelson tomato relish & 100% orange juice. (v)

TOASTED BAGEL OR SOURDOUGH 3

Deerview Sussex jams, Marmite or crunchy peanut butter. (v)

KOOTENAY ROLL 6

Cacklebean free range scrambled eggs, chives, caramelised onions, cheddar cheese and sriracha mayo in a warm brioche bun. (v)

- + crispy streaky bacon - 2
- + smoked Toulouse sausage - 2

BRUNCH Served till 3

EGGS ANY STYLE 5.95

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

Build your own breakfast by adding sides.

EGGS BENNY

Two Cacklebean free range eggs on bubble 'n' squeak cakes & fresh hollandaise.

Choose from:

- Cured beetroot salmon 9.3
- Crispy streaky bacon 8.5
- Kupros British Halloumi 8.5

SMOKED CHEDDAR & JALAPENO CORNBREAD FRENCH TOAST 8.5

Served w crispy streaky bacon, smashed avocado & maple syrup infused w smoked paprika.

- + Kupros British Halloumi - 2.5

MAPLE BANANA PANCAKE STACK 7

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

- + crispy streaky bacon - 2
- Kids pancake portion - 5

VEGGIE BREKKIE 8.95

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

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 house baked bbq beans and smoked chestnut mushrooms. Crispy streaky bacon & smoked Toulouse sausage.

- + bubble 'n' squeak cakes - 2.5

FRITTER STACK 8

Jalapeño sweet corn fritters, semi-dried vine cherry tomatoes, Cacklebean free range poached egg & pea shoots. Served with mint infused yogurt and Nelson tomato relish. (gf) (v)

- + crispy streaky bacon - 2
- + house cured beetroot salmon - 3
- + Kupros British Halloumi - 2.5

CRAB MEAT OMELETTE 9.95

Served w basmati rice, smoked mushrooms, spring onions, soy sauce gravy, coriander, fried onion & fresh red chilli.

- + mature cheddar cheese - 1
- + crispy streaky bacon - 2
- + smoked Toulouse sausage - 2

SIDES

Seaweed salted crispy fries with 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
House baked bbq beans	1.5
Bubble 'n' squeak cakes	2.5
Crispy kale	2
Smoked cheddar & Jalapeño cornbread	3

NELSON COFFEE

LUNCH Served 10.30 till 3

POKE BOWLS

SALMON – 9.95


Avocado, brown rice, pickled carrot, cucumber, pickled red cabbage, edamame beans, soy dressing and sesame seeds.

+ **Cacklebean free**
range poached egg – 1

TOFU TERIYAKE – 8.95

Avocado, brown rice, pickled carrot, cucumber, pickled red cabbage, edamame beans, tahini chickpea dressing and sesame seeds. (v) (vf)

+ **Cacklebean free**
range poached egg – 1

£1 of every poke bowl sold goes directly to the Eastbourne FoodBank to support local residents in crisis. 

NELSON DEALS

COFFEE/TEA & CAKE £5

(Monday & Wednesday after 2)

BRUNCH COCKTAILS £5

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

PROSECCO & CAKE £7

(Thursday – Sunday after 2)

TODAY'S SOUP 6

Served with warmed seeded sourdough.

SANDWICHES 6.5

HOT

REUBEN WITH KIMCHI

Mature cheddar, pastrami & Russian dressing on seeded sourdough.

JERK BEAN AND SWEETCORN PATTY

Spicy bean and sweetcorn patty, caramelised onions & red cabbage slaw. (v) (vf)

+ **mature cheddar cheese** – 1
+ **Kupros British halloumi** – 2.5
+ **crispy streaky bacon** – 2

CHORIZO & CHEDDAR

Smashed avocado, tomato red pepper salsa & coriander

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 6.7

Orange juice, Dry Prosecco & Triple Sec.

ESPRESSO MARTINI 6.9

Hodson Blend espresso, Stolichnaya vodka & Kahlua.

BRAMBLE SPRITZ 6.9

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

ELDERFLOWER FIZZ 6.9

Dry Prosecco, elderflower, mint & fresh lemon juice.

GIN & TONIC 6.9

Double measure served w/ Fever Tree Tonic.

DRY PROSECCO 5.6 ^{125 Bottle} 22

Spumante NV, Italy

BEER & CIDER

CHAPEL DOWN 4.2

CURIOUS BREW LAGER
4.7% 330ml

ASAHI LAGER 4

5% 330ml

GUN BREWERY 4.6

SCARAMANGA PALE ALE
3.9% 330ml

CAPLE ROAD – 4.3

NO.3 APPLE CIDER
Chapel Down, 4.7% 330ml

NELSON COFFEE

DRINKS

COFFEE

Hodson Blend by Ozone Coffee Roasters

	small	reg
Espresso	2.2	
Long Black	2.4	
Americano <small>served w milk</small>	2.3	2.5
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

Fancy a change? Why not give our guest single origin espresso a go! Check the board for details.



BOTTOMLESS FILTER - 3.7

Infinite refills of our single origin filter

OUR SUPPLIERS

Ozone Coffee Roasters,
Prince & Sons Tea Company,
Moju, J Heath & Son Butchers,
Deerview Sussex,
Cacklebean, Kupros Dairy,
Southern Head Fishing Co.

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

HOT DRINKS

RAINBOW LATTES

Beetroot	3
Matcha	3.5
Turmeric	3
Blue pea flower	3.5
Rose(w espresso)	3.5

All made with Oat milk and agave

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

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

SOFT DRINKS

ALL 2.7

Karma Cola
Karma Lemmy Lemonade
Karma Gingerella
Lemonaid Passion Fruit
Lemonaid Blood Orange
Wobblegate Apple Juice
Luscombe Orange Juice
LA Brewery Kombucha

NELSON COFFEE