

BREAKFAST Served till 12

SPRING

AÇAÍ BOWL 6

House granola, banana, berries, rhubarb compote & green apple. (gf)(v)(vf)

BACON ROLL 4.5

Nelson tomato relish, aioli & spinach.

- + fried egg - 1.5
- + smoked Toulouse sausage - 2
- + smashed avocado - 2.5

BREAKFAST BOARD 7.95

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

TOASTED BAGEL OR SOURDOUGH 3.5

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

KOOTENAY ROLL 6

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 (3.30 Fri - Sun)

EGGS ANY STYLE 5.95

Two 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 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

MAPLE BANANA PANCAKE STACK 7.45

Caramelised banana, berries, roasted hazelnuts & maple syrup. (gf)(v)

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

VEGGIE BREKKIE 8.95

Poached or fried eggs on seeded sourdough w Kupros British halloumi, house garden pea 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 - 1.5
- + 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

Courgette, broccoli, spring onion fritters w garden pea hummus, free range poached egg & Nelson tomato relish. (gf)(v)

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

BREAKFAST MAC & CHEESE 8.45

Chorizo crumb, truffle oil & free range fried egg.

- + Kupros British halloumi - 2.5
- + crispy streaky bacon - 2

BREAKFAST BURRITO 8.45

Cheesy scrambled eggs, salsa fresca, sautéed mushrooms, beans, chimichurri & rice served w yoghurt on an open tortilla'

- + chorizo - 2
- + crispy streaky bacon - 2

SIDES

Sides can only be ordered with at least 1 main dish.

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	2
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 (3.30 Fri - Sun)

NELSON'S SUPER FOOD GRAIN BOWL 8.9

Quinoa, charred stem broccoli, roasted sweet potato, Asian slaw, garden pea hummus, pomegranate molasses & mixed seeds. (gf)(v)(vf)

+ free range chicken - 3

+ free range poached egg - 1.5

+ house cured beetroot salmon - 3

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



FISH TACOS 9

Panko crumbed haddock, smashed avo, salsa fresca, pickled red cabbage & chillis.

CHICKEN TACOS 9

Panko free range chicken, pickled red cabbage, sriracha mayo, chimichurri & chillis.

TACOS DEAL

Order any tacos with fries for £10

SANDWICH DEAL

Order any sandwich with fries or a house salad for £8

SANDWICHES 6.5

Reuben with kimchi, mature cheddar and pastrami on sourdough

Onion 3 ways melt w onion bhaji, caramelised onions, pickled onions, water cress & melted vegan cheese on sourdough (v)(vf)

Smoked salmon whipped feta, dill & capers on a warm bagel.

Chorizo & cheddar smashed avocado, tomato red pepper salsa & coriander

Falafel wrap garden pea hummus, spinach, pickled red cabbage & sweet chilli. (v) (vf)

COCKTAILS

APEROL SPRITZ 7

Aperol, Dry Prosecco & soda

MOJITO 7.1

Havana Club 3YO rum, lime, mint & soda.

BLUE GALAXY 7.5

Blue pea flower infused Stolichnaya vodka, matcha, kiwi fruit, lime & lemon juice

ESPRESSO MARTINI 7.1

Hodson Blend espresso, Stolichnaya vodka & Kahlua

GIN & TONIC 6.9

Double measure Tanqueray London dry gin served with Fever Tree Tonic.

BEER

ELECTRIC BEAR ABOVE THE CLOUDS IPA 4.5

6.2% 330ml

CHAPEL DOWN CURIOUS BREW LAGER 4.2

4.7% 330ml

BRAMBLE SPRITZ 7.1

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

ELDERFLOWER FIZZ 6.9

Dry Prosecco, elderflower, mint & fresh lemon juice

CHERRY AMARETTO SOUR 7.1

Disaronno, Heering cherry liqueur, lemon juice & egg white.

MIMOSA 6.8

Orange juice, Dry Prosecco & Triple Sec

MAGIC ROCK WEST COAST PALE ALE 4.5

5.5% 330ml

MAGIC ROCK RED HOP ALE 4.5

4.6% 330ml

WINE & FIZZ

White 125 Bottle

CHENIN BLANC 4.8 19

Blockhead, South Africa

SAUVIGNON BLANC 5.2 21

Coast 2 Coast, New Zealand

Red 125 Bottle

PINOT NOIR 4.8 19

Santiago, Chile

SHIRAZ 4.8 19

Blockhead, South Africa

Rosé 125 Bottle

ROSATO 5.2 21

Alpha Zeta, Italy

Fizz

PROSECCO 5.6 22

Spumante NV, Italy

Nelson at Night TASTY SMALL PLATES, COCKTAILS, WINE & CHILLED TUNES FROM 5PM EVERY FRIDAY!

COFFEE

by Ozone Coffee Roasters

	small	reg
Espresso	2.2	
Long Black	2.4	
Americano served w milk	2.5	
Filter coffee	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
Cold Brew by Minor Figures	3.7

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, Kupros Dairy,
Southern Head Fishing Co,
Northiam Dairy, Hasbean
Bexhill Farm Kitchen

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

HOUSE SODAS

ALL 3.5

Peach & earl grey
Lemon & lime
Hibiscus & ginger

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

HOT DRINKS

RAINBOW LATTES

Charcoal & cacao	3.5
Taro & blueberry	3.5
Matcha	3.5
Turmeric	3
Blue pea flower	3.5
Rose (w espresso)	3.5

All made with Oat milk

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

NELSON COFFEE