

BREAKFAST Served till 12

SUMMER

AÇAÍ BOWL 6

House granola, maple poached nectarine, blueberry, desiccated coconut, banana, chia seeds & raspberry. (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 8.45

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 9.5

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 9.45

Poached or fried eggs on seeded sourdough w Kupros British halloumi, house broad bean 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 9.45

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 broad bean 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 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

KOREAN OMELETTE 7.95

Herbed potatoes, cavolo nero, gochujang mayo & radish.

+ crispy streaky bacon - 2

+ smoked Toulouse sausage - 2

+ Kupros British halloumi - 2.5

JAPANESE CRAB OMELETTE 8.95

Basmati rice, smoked mushrooms, spring onions, soy sauce gravy, coriander, fried onion & red chilli.

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 broad bean hummus 1.5

House cured beetroot salmon 3

House baked bbq beans 1.5

Bubble 'n' squeak cakes 2.5

Crispy cavolo nero 2

Smoked cheddar & Jalapeño cornbread 3

NELSON COFFEE

Please order up at the bar

Looking for something more lunchy? Turn over →

LUNCH Served 10.30 till 3 (3.30 Fri - Sun)

NELSON'S SUPER FOOD GRAIN BOWL 9.5

Quinoa, charred stem broccoli, miso maple glazed aubergine, Asian slaw, broad bean hummus, pomegranate molasses, cavolo nero crisps & 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.



POKE BOWLS

Salmon - 9.95

Soy cured salmon, seaweed salad, brown rice, edamame, pickled red cabbage, avocado, sesame & chilli flakes.

Chicken - 9.45

Free range teriyaki chicken, seaweed salad, brown rice, edamame, pickled red cabbage, avocado & sesame.

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

Panko breadcrumb aubergine

Asian slaw & miso vegan mayo on a warm bagel. (v)(vf)

Smoked salmon

whipped feta, dill & capers on a warm bagel.

Chorizo hot dog

Mature cheddar, smashed avo, salsa fresca, honey mustard & coriander.

Falafel wrap

Broad bean 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

CHAPEL DOWN 4.2

CURIOUS BREW LAGER

4.7% 330ml

BEAVERTOWN NECK OIL 4.6

4.3% 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 7.1

AMARETTO SOUR

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

MIMOSA 6.8

Orange juice, Dry Prosecco & Triple Sec

LOST AND GROUND 4.6

KELLER PILS

4.8% 330ml

TINY REBEL CALI PALE ALE 4.6

5.6% 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
Cold brew & tonic	3.9

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

SOFT DRINKS 2.7

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

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

SUMMER SPECIALS

STRAWBERRY MILK MATCHA 3.8

Matcha & strawberry puree over ice

GINGER COLD BREW 3.9

Cold brew, ginger beer, bitters, agave, lime & mint.

LEMON & LIME SODA 3.5

HIBISCUS & GINGER SODA 3.6

HOT DRINKS

RAINBOW LATTES

Charcoal & cacao	3.5
Taro & blueberry	3.5
Matcha	3.5
Turmeric	3
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
+ 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