

# BREAKFAST

Available until 11:30am

## English Breakfast

2 rashers of smoked back bacon, sausage, 2 hash browns, baked beans and a free range fried egg 806kcal

£6.50

## Bigger Breakfast

2 rashers of smoked back bacon, 2 sausages, 2 hash browns, baked beans and 2 free range fried eggs 1131kcal

£8.99

## The Veggie Breakfast

Two vegan sausages, two hash browns, a free range fried egg, grilled tomato and baked beans 633kcal

£6.50

## The Vegan Breakfast

Two vegan sausages, two hash browns, mushrooms, grilled tomato and baked beans 599kcal

£6.50

## Kid's Breakfast

Scrambled free range egg, bacon, sausage, baked beans, hash brown and toast 720kcal

£5.50

## Breakfast Bap

Two rashers of smoked back bacon and a free range fried egg 581kcal  
Two sausages and a free range fried egg 874kcal  
Two rashers of smoked back bacon and fried onions 551kcal  
Two sausages and fried onions 843kcal

£4.99

### ADD A LITTLE MORE TO YOUR BREAKFAST

Free range fried egg 92kcal  	£1.40	Baked beans 133kcal  	£1.30
Free range poached egg 67kcal 	£1.40	2 Slices toast - white 233kcal 	£1.50
Free range scrambled egg 74kcal  	£1.40	2 Slices toast - malted 254kcal 	£1.50
Smoked back bacon 88kcal 	£1.40	2 Hash browns 171kcal  	£1.40
Sausage 234kcal	£1.50	Black pudding 134kcal	£1.40
Gluten free sausage 188kcal 	£1.50	Fresh grilled tomato 17kcal  	£1.30
Vegan sausage 110kcal 	£1.50	Mushrooms 85kcal  	£1.30

## Eggs Benedict

A toasted muffin and bacon, topped with two free range poached eggs and hollandaise sauce 605kcal

£7.50

## Eggs Florentine

A toasted muffin and spinach, topped with two free range poached eggs and hollandaise sauce 442kcal

£6.99

## Pancake Stack

With a fruit compôte topped with yogurt and drizzled with maple syrup 677kcal

£5.99

# LIGHT BITES













Available until 4.30pm

## SEE OUR BOARD FOR TODAY'S SPECIALS

**Soup of the Day** See our specials board for calorie information  
Warming and tasty, served with a crusty roll


£5.75

### Baked Potatoes with a generous filling and salad garnish

Butter 398kcal  	£5.25
Baked beans 494kcal  	£6.25
Homemade coleslaw 469kcal  	£6.25
Cheddar cheese 655kcal  	£6.25
Tuna mayonnaise 488kcal 	£7.50
Coronation chicken 690kcal 	£8.25
Vegan three bean chilli 589kcal  	£7.75





### Paninis with a generous filling, salad garnish and tortilla chips

£7.25

BBC - Back bacon, brie and cranberry 967kcal  
TMP - Tomato, mozzarella, fresh basil and pesto 621kcal   
T&C - Tuna with cheddar cheese 833kcal


**Toasties** with a salad garnish and coleslaw  
Gluten free options available - please ask

£5.75

Ham and fresh tomato 419kcal  
Smoked back bacon and Cheddar cheese 840kcal  
Smoked back bacon and mushroom 597kcal  
Cheddar cheese and ham 731kcal  
Smoked back bacon and fresh tomato 528kcal  
Cheddar cheese and fresh tomato 681kcal   
Cheddar cheese and red onion 668kcal   
Vegan cheese and tomato 595kcal   
Vegan cheese and onion 583kcal 

## Welsh Rarebit

£6.75

Our own secret recipe, topped with a free range fried egg 879kcal   
Topped with smoked back bacon 966kcal

£7.50

## Chips 588kcal

£3.25


With a generous topping of Cheddar cheese 1120kcal  

£4.50


## Side Salad 53kcal

£3.60

Mixed leaves, cucumber, tomatoes, carrot, red onion, beetroot and peppers

 Suitable for vegetarians

 Suitable for vegans

 Prepared using gluten free ingredients

Although we take precautions to limit cross-contamination, our dishes are prepared in a kitchen using equipment where meat and fish, and ingredients containing gluten may also have been prepared. For meals containing bread, calories have been calculated for white bread as standard. Adults need around 2000kcal per day.

**Please speak to a member of the team if you have any special dietary requirements.**

# LUNCHES

Available 12 - 3pm

## ▶ SEE OUR BOARD FOR TODAY'S SPECIALS ◀

### Ham and Eggs

Slices of ham, two free range fried eggs and chips 921kcal

£10.99

### Macaroni Cheese

Macaroni pasta with a creamy cheese sauce, served with focaccia bread 977kcal

£10.99

### Fish and Chips

Beer battered cod, served with chips and garden peas 1180kcal

£12.99

### Scampi and Chips

Whole tail scampi served with chips, salad garnish & tartare sauce 1089kcal

£12.99

### Homemade Cottage Pie

Served with our vegetable selection 843kcal

£12.99

### Beef Lasagne

Traditional beef lasagne, served with garlic bread 961kcal

£10.99

### Roasted Squash, Tomato & Spinach Lasagne

Our vegetarian option, served with garlic bread 675kcal

£10.99

### Brunch

2 rashers of smoked back bacon, 2 sausages, baked beans, a free range fried egg and chips 1,457kcal

£9.75

## GOURMET BURGERS

### Gourmet Beef Burger

Served in a bun, with a tangy tomato salsa, coleslaw and chips 1470kcal

£12.99

### The Plant Burger

Plant based burger served with vegan cheese, coleslaw and chips 1358kcal







£12.99

### Halloumi and Roasted Red Pepper Burger

Served in a bun, with sweet chilli mayo, coleslaw and chips 1407kcal

£12.99

Add a little more to your burger

Free range fried egg 92kcal  	£1.40	Smoked back bacon 88kcal 	£1.40
Fried onions 62kcal  	£1.30	Sliced cheese 82kcal 	£1.30

## CHILDREN'S MEALS

12pm to 3pm

### Sausage Meal

Two pork sausages with chips and baked beans 600kcal  
Vegan option available - please ask

### Fish and Chips

Cod goujons with chips and peas 549kcal

### Pasta Meal

Pasta in a tomato sauce, with five hidden vegetables topped with cheese and served with garlic bread 669kcal

### Pizza Meal

Cheese and tomato pizza with chips 583kcal

### Chicken Nugget Meal

Chicken breast nuggets with chips and baked beans 566kcal

### Kid's Lunchbox (available all day)

A choice of a ham or cheese sandwich, dried fruit selection, crisps, jelly and a carton of drink See contents for calorie information

£4.99 each

## SWEET TREATS

## ▶ CHECK THE CHILLER FOR TODAY'S DESSERTS ◀

### Freshly baked scones


#### Fruit Scone & Butter 593kcal

£2.60

#### Cheese Scone & Butter 611kcal

Please check the counter for today's cakes and other tasty treats!

## CREAM TEA

Freshly baked fruit scone with butter, jam, clotted cream and a pot of tea for one 937kcal 

£5.50



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TatesGCs

Avis Road, Newhaven, East Sussex BN9 0DH | [www.tatesofsussex.co.uk](http://www.tatesofsussex.co.uk)

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