

BREAKFAST

Available until 11:30am

English Breakfast

£6.75

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

Bigger Breakfast

£8.99

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

The Veggie Breakfast

£6.75

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

The Vegan Breakfast

£6.75

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

Kid's Breakfast

£5.75

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

Breakfast Bap

£5.25















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

ADD A LITTLE MORE TO YOUR BREAKFAST

Free range fried egg 92kcal  	£1.50	Baked beans 133kcal 	£1.40
Free range poached egg 67kcal 	£1.50	2 Slices toast - white 233kcal 	£1.60
Free range scrambled egg 74kcal  	£1.50	2 Slices toast - malted 254kcal 	£1.60
Smoked back bacon 88kcal 	£1.50	2 Hash browns 171kcal  	£1.60
Sausage 234kcal	£1.60	Black pudding 134kcal	£1.50
Gluten free sausage 188kcal 	£1.60	Fresh grilled tomato 17kcal  	£1.40
Vegan sausage 110kcal 	£1.60	Mushrooms 85kcal  	£1.40

Eggs Benedict

£7.75

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

Eggs Florentine

£7.25

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

Pancake Stack

£5.99

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

LIGHT BITES

Available until 4.30pm

SEE OUR BOARD FOR TODAY'S SPECIALS

Soup of the Day

See our specials board for calorie information

£5.95

Warming and tasty, served with a crusty roll

Baked Potatoes with a generous filling and salad garnish

Butter 398kcal   £5.50

Baked beans 494kcal   £6.50

Homemade coleslaw 469kcal   £6.50

Cheddar cheese 655kcal   £6.50

Tuna mayonnaise 488kcal  £7.75

Coronation chicken 690kcal  £8.50

Vegan three bean chilli 589kcal   £8.25

Paninis with a generous filling, salad garnish and tortilla chips

BBC - Back bacon, brie and cranberry 967kcal £7.50

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


Ham and fresh tomato 419kcal £5.99


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



£7.25

Our own secret recipe, topped with a free range fried egg 879kcal 

Topped with smoked back bacon 966kcal

Chips 588kcal

£3.50

With a generous topping of Cheddar cheese 1120kcal  

£4.75

Side Salad 53kcal

£3.85

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

£11.99

Macaroni Cheese

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

£11.99

Fish and Chips

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

£13.99

Scampi and Chips

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

£13.99

Homemade Cottage Pie

Served with our vegetable selection 843kcal

£13.99

GOURMET BURGERS

Gourmet Beef Burger

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

£13.99

The Plant Burger

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



£13.99

Halloumi and Roasted Red Pepper Burger


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

£13.99


ADD A LITTLE MORE TO YOUR BURGER

Free range fried egg 92kcal  

£1.50

Smoked back bacon 88kcal 

£1.50

Fried onions 62kcal  

£1.40

Sliced cheese 82kcal 

£1.35

Beef Lasagne

Traditional beef lasagne, served with garlic bread 961kcal

£11.99

Roasted Squash, Tomato & Spinach Lasagne

Our vegetarian option, served with garlic bread 675kcal

£11.99

Brunch

2 rashers of smoked back bacon, 2 sausages, baked beans, a free range fried egg and chips 1457kcal

£9.99

CHILDREN'S MEALS

12pm to 3pm

Suitable for children under 12 years

Sausage Meal

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

£5.99

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

SWEET TREATS

FRESHLY BAKED SCONES


Fruit Scone & Butter 593kcal 

£2.75

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 

£6 each



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TatesGCs

Avis Road, Newhaven, East Sussex BN9 0DH | www.tatesofsussex.co.uk

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