

# BREAKFAST

Available until 11:30am

## English Breakfast **G\*** 806kcal £6.75

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

## Bigger Breakfast **G\*** 1131kcal £8.99

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

## The Veggie Breakfast **v G\*** 633kcal £6.75

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

## The Vegan Breakfast **v G\*** 599kcal £6.75

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

## Kid's Breakfast **G\*** 720kcal £5.75

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

## 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 - £1.60 EACH ITEM

Free range egg - Fried **V G** 92kcal

2 Slices toast - white **V** 233kcal

Poached **V** 67kcal | scrambled **V G** 74kcal

2 Slices toast - malted **V** 254kcal

Smoked back bacon **G** 88kcal

2 Hash browns **VE G** 171kcal

Sausage 234kcal

Black pudding 134kcal

Gluten free **G** 188kcal | Vegan **VE** 110kcal

Grilled beefsteak tomato **VE G** 20kcal

Baked beans **V G** 133kcal

Mushrooms **VE G** 85kcal

## Scrambled Egg on Toast **v G\*** 469kcal £4.75

Two slices of buttered toast, topped with free range scrambled egg

## Eggs Benedict 605kcal £7.75

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

## Eggs Florentine **V** 442kcal £7.25

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

## Pancake Stack **V** 677kcal £5.99

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

# LIGHT BITES

Available until 4.30pm

## SEE OUR BOARD FOR TODAY'S SPECIALS

## Soup of the Day **G\*** 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 **V G** 398kcal £5.50

Baked beans **VE G** 494kcal £6.50

Homemade coleslaw **V G** 469kcal £6.50

Cheddar cheese **V G** 655kcal £6.50

Tuna mayonnaise **G** 488kcal £7.75

Coronation chicken **G** 690kcal £8.50

Vegan three bean chilli **VE G** 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 **V** 621kcal

T&C - Tuna with cheddar cheese 833kcal

### Toasties with a salad garnish and coleslaw

**G\*** 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 **V** 681kcal

Cheddar cheese and red onion **V** 668kcal

Vegan cheese and tomato **VE** 595kcal

Vegan cheese and onion **VE** 583kcal

## Welsh Rarebit £7.25

Our own secret recipe, topped with a free range fried egg **V G\*** 879kcal

Topped with smoked back bacon **G\*** 966kcal £7.75

## Chips **VE G** 588kcal £3.50

With a generous topping of Cheddar cheese **V G** 1120kcal £4.75

## Side Salad **VE G** 53kcal £3.85

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

**V** Suitable for vegetarians

**VE** Suitable for vegans

**G** Prepared using gluten free ingredients

**G\*** Gluten free options available

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

<b>Ham and Eggs G</b> <sup>921kcal</sup> Slices of ham, two free range fried eggs and chips	<b>£11.99</b>	<b>Beef Lasagne</b> <sup>961kcal</sup> Traditional beef lasagne, served with garlic bread	<b>£11.99</b>
<b>Macaroni Cheese V</b> <sup>977kcal</sup> Macaroni pasta with a creamy cheese sauce, served with focaccia bread	<b>£11.99</b>	<b>Roasted Squash, Tomato &amp; Spinach Lasagne V</b> <sup>675kcal</sup> Our vegetarian option, served with garlic bread	<b>£11.99</b>
<b>Fish and Chips</b> <sup>1180kcal</sup> Beer battered cod, served with chips and garden peas	<b>£13.99</b>	<b>Brunch G*</b> <sup>1457kcal</sup> 2 rashers of smoked back bacon, 2 sausages, baked beans, a free range fried egg and chips	<b>£9.99</b>
<b>Scampi and Chips</b> <sup>1089kcal</sup> Wholetail scampi served with chips, salad garnish & tartare sauce	<b>£13.99</b>		
<b>Homemade Cottage Pie</b> <sup>843kcal</sup> Served with our vegetable selection	<b>£13.99</b>		

### GOURMET BURGERS

<b>Gourmet Beef Burger</b> <sup>1470kcal</sup> Served in a bun, with a tangy tomato salsa, coleslaw and chips	<b>£13.99</b>
<b>The Plant Burger VE</b> <sup>1358kcal</sup> Plant based burger served with vegan cheese, coleslaw and chips	<b>£13.99</b>
<b>Halloumi and Roasted Red</b> <b>Pepper Burger V</b> <sup>1407kcal</sup> Served in a bun, with sweet chilli mayo, coleslaw and chips	<b>£13.99</b>

#### ADD A LITTLE MORE TO YOUR BURGER - £1.60 EACH ITEM

Free range fried egg <b>V G</b> <sup>92kcal</sup>	Smoked back bacon <b>G</b> <sup>88kcal</sup>
Fried onions <b>VE G</b> <sup>62kcal</sup>	Sliced cheese <b>V</b> <sup>82kcal</sup>

### CHILDREN'S MEALS

12pm to 3pm

Suitable for children under 12 years

<b>Sausage Meal G*</b> <sup>600kcal</sup> Two pork sausages with chips and baked beans Vegan option available - please ask	<b>£5.99</b>
<b>Fish and Chips</b> <sup>549kcal</sup> Cod goujons with chips and peas	
<b>Pasta Meal V</b> <sup>669kcal</sup> Pasta in a tomato sauce, with five hidden vegetables topped with cheese and served with garlic bread	
<b>Pizza Meal V</b> <sup>583kcal</sup> Cheese and tomato pizza with chips	
<b>Chicken Nugget Meal</b> <sup>566kcal</sup> Chicken breast nuggets with chips and baked beans	
<b>Kid's Lunchbox</b> (available all day) A choice of a ham or cheese sandwich, dried fruit selection, crisps, jelly and a carton of drink <b>G*</b> See contents for calorie information	

## SWEET TREATS

### FRESHLY BAKED SCONES

<b>Fruit Scone &amp; Butter V</b> <sup>593kcal</sup>	<b>£2.75</b>
<b>Cheese Scone &amp; Butter V</b> <sup>611kcal</sup>	

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 <b>V</b> <sup>937kcal</sup>	<b>£6 each</b>
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Avis Road, Newhaven, East Sussex BN9 0DH | [www.tatesofsussex.co.uk](http://www.tatesofsussex.co.uk)

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