



# LUNCH

Served from 12pm until 3pm

<b>Ham, Egg and Chips</b> (G) 921kcal Slices of ham, two free range fried eggs and chips	£12.99	<b>Pie of the Day</b> Served with potatoes, seasonal veg and gravy	£14.99
<b>Macaroni Cheese</b> 1011kcal Creamy macaroni cheese with a crunchy herb topping and crispy onions	£12.99	<b>Panzanella Salad</b> 210kcal Italian salad with chunky croutons and a balsamic glaze	£12.99
<b>Fish and Chips</b> 1180kcal Beer battered cod served with chips and garden peas	£15.99	<b>Gourmet Beef Burger</b> 1470kcal with tangy tomato salsa, coleslaw and chips	£14.99
<b>Scampi and Chips</b> 1089kcal Wholetail scampi served with chips, salad garnish and tartare sauce	£14.99	<b>The Plant Burger</b> (VE) 1358kcal Plant based burger served with vegan cheese, coleslaw and chips	£14.99
<b>Brunch</b> (G*) 1457kcal Two rashers of bacon, two sausages, baked beans, fried egg and chips	£10.99	<b>Halloumi and Roasted Red Pepper Burger</b> (V) 1407kcal with sweet chilli mayo, coleslaw and chips	£14.99
<b>Beef Lasagne</b> 961kcal Traditional beef lasagne with garlic bread	£13.99	<b>ADD A LITTLE MORE TO YOUR BURGER - £1.75 EACH ITEM</b>	
<b>Vegetarian Lasagne</b> (V) 675kcal Roasted squash, tomato and spinach lasagne, served with garlic bread	£13.99	<b>Free range fried egg</b> (V, G) 92kcal	<b>Smoked back bacon</b> (G) 88kcal
		<b>Fried onions</b> (VE, G) 62kcal	<b>Sliced cheese</b> (V) 82kcal

# SIDES

Served until 4:30pm

<b>Chips</b> (VE, G) 588kcal with a generous topping of Cheddar cheese (V, G) 1120kcal	£3.99 £4.99	<b>House Slaw</b> (V, G) 177kcal A generous helping of our homemade coleslaw	£2.99
<b>Side Salad</b> (VE, G) 53kcal Mixed leaves, cucumber, tomatoes, carrot, red onion, beetroot and peppers	£3.99	<b>Garlic Bread</b> (V) 202kcal	£2.99

# CHILDREN'S MEALS

Served 12pm to 3pm - Suitable for children under 12 years

<b>Pasta Meal</b> (V) 669kcal Pasta in a tomato sauce with five hidden vegetables, topped with cheese and served with garlic bread	£5.99	<b>Fish and Chips</b> 549kcal Cod goujons with chips and peas	£6.99
<b>Pizza Meal</b> (V) 583kcal Cheese and tomato pizza with chips	£5.99	<b>Chicken Nugget Meal</b> 566kcal Chicken breast nuggets with chips and baked beans	£6.99
<b>Sausage Meal</b> (V) 600kcal Two pork sausages with chips and baked beans. Vegan / gluten free options available	£6.99	<b>Kid's Lunchbox</b> (G*) Available all day A ham or cheese sandwich, dried fruit selection, crisps, jelly and carton of drink. Gluten free options available. See contents for calorie information	£6.99



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

**V** Suitable for vegetarians

**VE** Suitable for vegans

**G** Prepared using gluten free ingredients

**G\*** Gluten free options available

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

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.