

MENU

BREAKFAST & BRUNCH

MOKSHA BREAKFAST 9.50

Free-range award winning Sussex Cumberland sausage, free-range bacon, free-range eggs (choose from fried, scrambled or poached) grilled flat mushroom, grilled beef tomato, homemade baked beans & toasted sourdough.

HALF BREAKFAST 7

Free-range award winning Sussex Cumberland sausage, grilled beef tomato, homemade baked beans, free-range eggs (choose from fried, scrambled or poached) & toasted sourdough.

HUEVOS RANCHEROS 11

Crisp tortilla base with free-range chorizo sausage & a black bean, sweetcorn & chipotle sauce, topped with melted cheese, free-range fried eggs & an avocado tomato salsa.

VEGETARIAN BREAKFAST 8.50 🌱

Grilled flat mushrooms, cherry vine tomatoes, wilted spinach, homemade baked beans, free-range eggs (choose from fried, scrambled or poached) & toasted sourdough.

SHAKSHUKA 9 🌱

Free-range poached eggs in a middle-eastern inspired spiced tomato sauce topped with crumbled feta and greek yoghurt. Served in a skillet with a toasted wrap.

EGGS FLORENTINE 7.50 🌱

Wilted baby spinach, free-range poached eggs topped with homemade hollandaise sauce, served on toasted sourdough.

EGGS ROYALE 8.25

Smoked salmon from Springs' Smokery, free-range poached eggs topped with homemade hollandaise sauce, served on toasted sourdough.

EGGS BENEDICT 8.25

Honey Roast ham locally cured, free-range poached eggs topped with homemade hollandaise sauce, served on toasted sourdough.

VEGAN TOFU BENEDICT 8.50 🌱

Grilled marinated tofu, Superfood salad topped with avocado hollandaise

HUEVOS BENEDICTOS 9.50

Free-range chorizo sausages, free-range poached eggs topped with avocado & tomato salsa, chipotle hollandaise on toasted sour dough.

SMOKED SALMON & SCRAMBLED EGGS 8.50

Smoked salmon from Springs' Smokery and free-range scrambled eggs, served on toasted sourdough.

BACON SANDWICH 5

Free-range Sussex bacon on sourdough bread

FREE-RANGE EGGS ON TOAST 6 🌱

Choose from fried, poached or scrambled. Take a look at our extras below to build your own!

GRANOLA BOWL 5 🌱

Homemade gluten free granola, Yoghurt, blueberries & maple syrup

AMERICAN STYLE PANCAKES

BLUEBERRY 8 🌱

Blueberry pancakes topped with maple syrup

BANANA 8 🌱

Banana pancakes Topped homemade salted caramel sauce

VEGAN & GLUTEN-FREE 8.50 🌱

Vegan & Gluten-free banana, apple & blueberry

EXTRAS

Add your favourites to any dish on the menu

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|----------------------------|------|
| Homemade beans..... | 1.00 |
| Black pudding | 1.25 |
| Homemade Hash Browns | 1.50 |
| Smoked streaky bacon..... | 1.50 |
| Chorizo..... | 1.50 |
| Cumberland sausage..... | 1.50 |
| Avocado | 1.50 |
| Avocado salsa | 1.50 |
| Wilted spinach..... | 1.50 |
| Halloumi..... | 1.50 |
| Honey roast ham..... | 2.50 |
| Smoked salmon | 2.75 |

🌱 Vegetarian (Vegan option might be available, please ask) | **Gluten-free** Many dishes can be made gluten-free, just let us know your dietary requirements. If you have an allergy please speak to a member of staff at the time of ordering so we can check if your dish/food item is safe. Whilst every care is taken we cannot guarantee the absence of nuts.

Vat at 20% is included in the price. Service charge not included. All tips will go to staff.

BURGERS

BEEF BURGER 9

Free-range 14-21 day mature beef patty with homemade chipotle bbq sauce, mayo, tomato, red onion & iceberg lettuce, served in a toasted brioche bun with skin-on-fries.

MONTEREY JACK 10

Free-range 14-21 day mature beef, Monterey Jack cheese, balsamic onions, tomato, iceberg lettuce, mayo & homemade chipotle bbq sauce

BRIGHTON BLUE 11

Free-range 14-21 day mature beef patty with award winning Brighton blue cheese, Smoked free-range Sussex bacon, homemade chipotle bbq sauce, mayo, tomato, balsamic onion & iceberg lettuce, served in a toasted brioche bun with skin-on-fries.

TEX-MEX 10

Free-range 14-21 day mature beef with Monterey Jack cheese, jalapenos, avocado & tomato salsa, iceberg lettuce, mayo & homemade chipotle bbq sauce

MUSHROOM & HALLOUMI 9

Grilled flat mushroom with melted goats cheese, grilled halloumi, homemade chipotle bbq sauce, mayo, tomato, red onion & rocket, served in a toasted brioche bun with skin-on-fries.

FALAFEL BURGER 9

Homemade falafel in a brioche bun with houmous, mayo, cucumber, tomato, onion & lettuce, served with skin-on-fries

(we can make this vegan, just let us know when ordering)

POSH FISH-FINGERS 9

Homemade fish-fingers brioche bun tartar sauce cucumber lettuce tomato, served with skin-on-fries .

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| Add smoked Sussex bacon | 1.50 |
| Add Brighton Blue Cheese | 1.00 |
| Upgrade fries to Sweetpotato | 1.25 |

SUMMER SALADS

GRILLED HALLOUMI SALAD 8

Grilled halloumi, cherry vine tomatoes, cucumber, toasted pine nuts, mint & olives.

SUPERFOOD SALAD 9.50 VEGAN/GF

Quinoa, tenderstem broccoli, edamame beans, spinach, avocado, toasted pumpkin seeds, pomegranate with house vinaigrette.

Why not add Springs Sussex smoked salmon £2.75

Halloumi £1.50 or Feta cheese £1.50

VEGAN BUDDHA BOWL 9.50

Roasted vegetable & Homemade Falafel with spinach, red cabbage, carrot, crushed pistachios & a maple tahini dressing.

BRUSCHETTAS / OPEN SANDWICHES

TOMATOES & HOUMOUS 6.50

Grilled cherry vine tomatoes on toasted sourdough with houmous topped with tomato & avocado salsa.

MUSHROOM & GARLIC 6.50

Pan fried flat mushrooms with garlic and parsley on toasted sourdough with rocket & shaved Parmesan.

ROASTED VEG & HALLOUMI 6.50

Roasted vegetables on toasted sourdough with houmous and halloumi. Contains chili.

SALMON & CREAM CHEESE 7.50

Smoked salmon from Springs' Smokery on toasted sourdough with cream cheese & rocket topped with tomato & avocado salsa.

OMELETTES

HAM & CHEESE 7.50


Served with mixed leaf salad

MUSHROOM & CHEESE 7.50

Served with mixed leaf salad

TOMATO & CHEESE 7.50

Served with mixed leaf salad

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Enjoy our own house blend of artisan coffee, roasted especially for us in Sussex.

We use organic milk, sourced locally whenever possible and we also offer a selection of guest coffees.
See our counter menu for more details.

COFFEE

| | |
|---------------------|-------------|
| AMERICANO | 2.10 • 2.40 |
| GUEST FILTER..... | 2.30 • 2.60 |
| V60 POUR-OVER | 3.00 |
| AEROPRESS | 3.00 |
| | |
| LATTE..... | 2.50 • 2.80 |
| CAPPUCCINO | 2.50 • 2.80 |
| FLAT WHITE..... | 2.70 |
| MOCHA | 2.70 • 3.00 |
| CORTADO..... | 2.40 |
| ESPRESSO..... | 1.50 • 1.80 |
| MACCHIATO | 1.70 • 2.00 |

ICED COFFEE

| | |
|--|-------------|
| ICED LATTE | 2.60 • 2.90 |
| ICED CAPPUCINO WITH COLD FOAM | 2.70 • 3.00 |
| ICED MOCHA..... | 2.80 • 3.10 |
| 18HR COLD BREW | 2.80 |
| COLD BREW CAPPUCCINO WITH COLD FOAM | 3.00 • 3.30 |

FRAPPE MILKSHAKES

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|-----------------------|-------------|
| VANILLA | 2.75 • 3.25 |
| COFFEE | 2.95 • 3.50 |
| MOCHA | 2.95 • 3.50 |
| CHOCOLATE..... | 2.95 • 3.50 |
| BANANA | 2.95 • 3.50 |
| COOKIES & CREAM | 3.45 • 3.95 |
| Topped with cream | |

SMOOTHIES

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| BERRY GO ROUND..... | 3.35 |
| Strawberry, raspberry, blackberry & orange juice | |
| PASH N SHOOT..... | 3.35 |
| Passion fruit, pineapple, mango & orange juice | |
| BIG 5 | 3.35 |
| Pineapple, mango, kiwi, strawberry & apple juice | |
| KALE KICK | 3.35 |
| Kale, spinach, mango and apple juice | |

TEA

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| TEA BY TEAPIGS | 1.90 |
| English Breakfast, Peppermint, Darjeeling Earl Grey, Chai, Peppermint & Liquorice, Rooibos, Rooibos Crème Caramel, Jasmin Pearls, Spiced Winter Red, Chamomile Flowers, Lemon & Ginger, Super Fruit, Mao Feng Green | |
| FRESH MINT TEA | 2.00 |
| MATCHA GREEN TEA | 2.50 |

HOT DRINKS

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|-----------------------------------|--------------------|
| HOMEMADE MASALA CHAI | 2.70 |
| GOLDEN TUMERIC LATTE | 2.70 |
| MATCHA FLAT WHITE | 2.90 |
| HOT CHOCOLATE | 2.30 • 2.60 |
| BABYCCINO | 0.50 |

EXTRAS..... **35P**
Syrups, cream, marshmallows or flakes

CHOICE OF MILK

35P
Organic Bonsoy Soya, Oatly Barista,
Cocount milk or Rude Health Almond

ICED DRINKS

| | |
|---------------------------------|--------------------|
| ICED BLACK TEA | 2.50 • 2.80 |
| ICED GREEN TEA | 2.80 • 3.10 |
| With summer berries | |
| MATCHA LIME CRUSH | 2.80 • 3.10 |
| HOME MADE LEMONADE | 2.30 |

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|---|-------------|
| MANGO LASSI | 3.50 |
| Passion fruit, mango, yoghurt & milk | |
| DETOX RAW VEG | 3.95 |
| Spinach, coriander, cucumber, avocado, ginger & apple juice blended with ice | |

ADD A SHOT OF ORGANIC MATCHA 1.00