



## BREAKFAST MENU

SERVED 9.00-11.30

### BREAKFAST DRINKS

TIGERMOTH ROASTERY COFFEES - FROM	2.90
SELECTION OF 'TEA23' TEAS	3.10
PLANT BASED MILKS AVAILABLE ON REQUEST	
SMOOTHIE'S	4.80
VIRGIN MARY / BLOODY MARY	4.50/8.50
BUCKS FIZZ BY THE GLASS	8.50

### BIRCHER & CHIA BOWL 9

COCONUT MILK, APRICOT COULIS, ROAST PISTACHIO NUTS, GOJI BERRIES  
Contains nuts, plant based on request

### THE WORKS 16

2 HEATHS PORK SAUSAGES & DRY CURE BACON, SLOW ROASTED TOMATOES, 2 FRIED FREE RANGE EGGS, GRILLED FLAT MUSHROOMS, HASHBROWNS & BEANS SERVED WITH POPPYSEED BAKERY TOAST  
Gluten free on request, contains egg dairy free on request

### HALF BREAKFAST 11

1 HEATHS DRY CURE BACON & PORK SAUSAGE, SLOW ROASTED TOMATO, FREE RANGE FRIED EGG, GRILLED FLAT MUSHROOM, HASH BROWN, BEANS (AVAILABLE IN OUR PLANT BASED BREAKFAST ALSO)  
Gluten free on request, contains egg dairy free on request

### PLANT BASED WORKS 14

2 VEGAN SAUSAGES, SLOW ROASTED TOMATOES, GRILLED FLAT MUSHROOMS, SAUTÉED SPINACH, ROASTED PEPPERS, HASH BROWNS & BEANS SERVED WITH POPPYSEED BAKERY TOAST  
Gluten free on request, plant based

### POPPYSEED TOAST BOARD 4

PRESERVES, BUTTER  
Contains gluten & dairy, gluten & dairy free on request

### EXTRAS 3.50

BLACK PUDDING Contains gluten  
HEATHS BACK BACON (2)  
HEATHS PORK SAUSAGES GF (2)  
GRILLED FLAT MUSHROOMS  
AVOCADO  
CRISPY HALLOUMI Contains dairy  
BUBBLE & SQUEAK  
SUSSEX FREE RANGE EGGS AS YOU LIKE (2)

### SMOKED SALMON & EGGS 14

FREE RANGE POACHED EGGS, SOURDOUGH BROWN TOAST, CHIVE OIL  
contains fish & egg, gluten free on request

### CRISPY PEA FRITTERS 13

SMASHED PEA FRITTERS, CRUMBLED FETA, BLUSHED CHERRY TOMATOES, TOASTED SEEDS, TOMATO CHUTNEY  
gluten free, contains egg & dairy

### BRIOCHE BREAKFAST BAP

POPPYSEED BRIOCHE BUN, ONE ITEM 7.50  
CHOOSE BETWEEN HEATHS DRY CURE BACON, HEATHS PORK SAUSAGE OR FREE RANGE EGG TWO ITEMS 8.50  
Contains gluten & dairy, gluten & dairy free on request

### SMASHED AVO 14

POACHED FREE RANGE EGGS, CHILLI & LIME AVOCADO, SLOW ROASTED CHERRY TOMATOES POPPYSEED SOURDOUGH TOAST, ROAST SEEDS  
Contains gluten, dairy & eggs, gluten & dairy free on request

### CARAMEL FRENCH TOAST 12

LIGHT & FLUFFY CUSTARD BAKED BRIOCHE, SERVED WITH CARAMEL SYRUP & CHANTILLY CREAM  
Contains gluten, eggs & dairy

### CHILDRENS BREAKFAST

SLICE OF TOAST PLUS CHOOSE 2 ITEMS: EGGS, SAUSAGE, BACON, HASH BROWN, TOMATO OR FLAT MUSHROOM	5.50
HALF PANCAKE STACK, SERVED WITH EITHER STRAWBERRY COMPOTE & CREAM OR BACON & MAPLE SYRUP	6.50

### PROUDLY SUPPORTING LOCAL SUPPLIERS

HEATHS BUTCHER EASTBOURNE  
POPPYSEED BAKERY EASTBOURNE  
MCB SEAFOOD HOVE LAGOON  
CATSFIELD FREE RANGE EGGS

INFO@SALTMARSHFARMHOUSE.CO.UK  
07932 686121



\*\*ALL MENU ITEMS ARE COOKED TO ORDER & IN PEAK TIMES THERE MAY BE A WAIT\*\*

\*\*PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS\*\*

\*\*OUR KITCHEN HANDLES ALL ALLERGENS\*\*