

SALTMARSH FARMHOUSE

CAFE BAR ROOMS

Breakfast Served 9.00-11.30

Porridge

Oat porridge, apple & pear compote, roasted seeds **£ 7.50**
 Contains Gluten, Dairy Free Options on request

The Works Breakfast

2 Heaths Sussex pork sausage & dry cure Bacon, slow roasted tomatoes, 2 fried Sussex free range eggs, grilled flat mushrooms, hash browns & beans served with Poppyseed Bakery toast **£14**
 Contains Gluten, Dairy free/Gluten Free option on request

Half Breakfast

The Works but smaller - available in Vegetarian, Vegan & Regular **£10**
 Contains Gluten. Vegan & GF Option available

Plant Based Works

2 Vegan sausage, 2 slow roasted tomatoes, sauteed spinach, roasted peppers, grilled flat mushrooms, hash browns, Beans, Poppyseed Bakery toast **£14**
 Contains Gluten - Gluten Free on request

Bubble & Squeak

Roasted butternut squash, rainbow chard, king oyster mushroom, cherry tomato ketchup **£12**
 Gluten & Dairy Free

Smashed Avo

Avocado, chilli & lime smash, Vine roasted cherry tomatoes, two soft poached Sussex free range eggs, toasted pumpkin seeds, Poppyseed Bakery seeded sourdough **£ 11**
 Contains Gluten. Gluten free/Dairy free on request

Sides

Black Pudding
 Heaths Back Bacon (2)
 Heaths Sausage (2)
 Grilled Flat Mushrooms
 Avocado
 Crispy Halloumi (contains dairy)
 Bubble & Squeak
 2 Free Range Eggs as you like **£3.50**

Smoked Haddock & Leek Fishcakes

Buttered spinach, pached free range egg **£ 13**

Poppyseed Brioche Breakfast Bun

Choose between one of Heaths dry cure bacon, pork sausage, free range egg **£6.50**

or
 two items from above **£7.75**
 Contains gluten, contains dairy - Gluten free on request

Buttermilk Pancakes

Light, fluffy buttermilk pancake stack topped with either:

Whipped marscapone, apple & blackberry **£ 9.50**

Heaths Sussex bacon & maple syrup **£ 9.50**

Contains Gluten, Contains Dairy

Sussex Free Range Eggs on Toast

Poached, Fried or Scrambled, Dry cure bacon, grilled plum tomatoes **£8**

Contains gluten, Gluten Free on Request

Selection of Poppyseed Toast

Preserves, Butter **£4**

Contains gluten, contains dairy. Dairy or gluten free on request

Breakfast Drinks

Tigermoth Coffees

See our Drinks Menu for our range of Coffees. Our Espresso Beans are locally Roasted in Lewes @ Tigermoth Roastery. **From £ 2.90**

Selection of E23 Herbal Teas **£ 2.50**

Smoothies **£4.80**

Bloody Mary

Chapel Down Vodka over Ice served with Folkingtons Tomato Juice & all the trimmings **£ 8.25**

Virgin Mary

Without the Vodka but all the spice **£ 4.25**

House Prosecco

by the Glass **£ 7.00**

Mimosa

House Prosecco with Fresh Orange Juice **£ 7.00**

All Menu items are cooked to order
 Please speak to a Member of staff if you have any dietary requirements
 Our Kitchen handles all Allergens