

## BREAKFAST -MENU-

Breakfast Served 9.00-11.30

**CHIA BUDDHA BOWL** 9  
CHILLED CHIA SEED PUDDING, ROAST HAZELNUTS & PISTACHIOS, RHUBARB COMPOTE, LIME SYRUP  
Contains coconut & nuts, plant based & gluten free

**CHORIZO EGGS** 12  
FRIED FREE RANGE EGGS, SAUTÉ CHORIZO, SOURDOUGH SOLDIERS  
Gluten free on request, contains egg

**THE WORKS** 14.50  
2 HEATHS PORK SAUSAGES & DRY CURE BACON, SLOW ROASTED TOMATOES, 2 FRIED SUSSEX FREE RANGE EGGS, GRILLED FLAT MUSHROOMS, HASHBROWNS & BEANS SERVED WITH POPPYSEED BAKERY TOAST  
Gluten free on request, contains egg

**HALF BREAKFAST** 10  
THE WORKS BUT SMALLER! ONE OF EACH ITEM RATHER THAN 2 (AVAILABLE IN OUR PLANT BASED BREAKFAST ALSO)  
Gluten free on request, contains egg

**PLANT BASED WORKS** 14  
2 VEGAN SAUSAGES, SLOW ROASTED TOMATOES, GRILLED FLAT MUSHROOMS, SAUTÉED SPINACH, ROASTED PEPPERS, HASHBROWNS & BEANS SERVED WITH POPPYSEED BAKERY TOAST  
Gluten free on request

**EXTRAS** 3.50  
BLACK PUDDING Contains gluten  
HEATHS BACK BACON (2)  
HEATHS PORK SAUSAGES (2)  
GRILLED FLAT MUSHROOMS  
AVOCADO  
CRISPY HALLOUMI Contains dairy  
BUBBLE & SQUEAK  
SUSSEX FREE RANGE EGGS AS YOU LIKE (2)

**SMOKED SALMON TOAST** 14  
OAK SMOKED SALMON, 2 FREE RANGE POACHED EGGS  
contains gluten, fish & egg, gluten free on request

**CREAMY PORTOBELLO ON SOURDOUGH** 12  
SAUTÉED MUSHROOMS & BABY SPINACH, POPPYSEED SOURDOUGH TOAST  
Contains gluten & dairy, gluten free & plant based on request

**BRIOCHE BREAKFAST BAP**  
POPPYSEED BRIOCHE BUN, ONE ITEM 7  
CHOOSE BETWEEN HEATHS DRY CURE BACON, HEATHS PORK SAUSAGE & FREE RANGE EGG TWO ITEMS 8.50  
Contains gluten & dairy, gluten & dairy free on request

**SMASHED AVO** 12  
2 EGGS FREE RANGE POACHED EGGS, CHILLI & LIME AVOCADO, SLOW ROASTED CHERRY TOMATOES, POPPYSEED SOURDOUGH TOAST  
Contains gluten, dairy & eggs, gluten & dairy free on request

**SELECTION OF POPPYSEED TOASTS** 4  
PRESERVES, BUTTER  
Contains gluten & dairy, gluten & dairy free on request

**BUTTERMILK PANCAKES** 10  
LIGHT & FLUFFY BUTTERMILK PANCAKE STACK, TOPPED WITH EITHER:  
BANANA COMPOTE, HAZELNUT & WHIPPED CREAM Contains gluten, dairy & nuts  
OR  
HEATHS SUSSEX BACON & MAPLE SYRUP  
Contains gluten & dairy

BREAKFAST DRINKS	FROM
TIGERMOTH ROASTERY COFFEES	3
FULL RANGE OF MILK ALTERNATIVES AVAILABLE	
SELECTION OF 'TEA23' TEAS	3
SMOOTHIE SELECTION	4.80
VIRGIN MARY / BLOODY MARY	4.50/8.50
PROSECCO BY THE GLASS	7.50

\*\*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\*\*