



CAFE

BREAKFAST

Smoked Salmon & Scrambled Eggs with Hollandaise Sauce Served on granary toast	£8.50
Scrambled Eggs Served on granary toast	£5.50
Poached Eggs & Avocado Served on granary toast with a wedge of lime	£7.50
Hungry Guest Bacon Bap	£4.25
Hungry Guest Sausage Bap	£4.25
Granary / White Toast 2 slices served with butter and jam	£2.00
Granola & Natural Greek Yoghurt Served with a raspberry coulis	£3.95
Porridge Served with honey and blueberries	£3.95

During busy periods we will stop serving eggs from 12.30pm



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CAKES & PASTRIES

Homemade Cakes	£3.95
- Lemon, Almond & Polenta Cake (GF)	
- Carrot Cake	
- Coffee & Walnut Cake	
- Apple & Blackcurrant Cake	
- Chocolate Cake	
- Greek Baklava	
- Blueberry Cheesecake	
- Raspberry Frangipane	
Slices & Bars	
- Pecan Slice	£3.95
- Chocolate Brownie	£2.95
- 'More Food' All Butter Flap Jack	£2.30
- Rainbow Cookie	£1.95
- Chocolate Brownie Cookie	£1.95
The Hungry Guest Bakery Pastries	£1.80
- Coconut Macaroon	
- Plain Croissant / Almond Croissant	
- Pain Au Chocolat / Pain Au Raisin	
- Palmier	
Scones & Tea Cakes	
- Toasted Teacake with Jam & Butter	£2.95
- Warm Scone (plain or fruit) with Jam & Butter	£3.95
- Cheese Scone with Chutney & Butter	£3.95
- Warm Giant Cheese Straw	£2.50



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COFFEE

Small Batch Coffee - roasted and blended in Brighton
All available Decaf. All milks & soya milk available

Cappuccino	Reg. £2.60 / Large £2.90
Mocha	Reg. £2.60 / Large £2.90
Americano	Reg. £2.60 / Large £2.90
Latte	Reg. £2.60 / Large £2.90
Flat White	£2.60
Cortado	£1.60
Macchiato	£1.60
Espresso Single	£1.60
Espresso Double	£1.95
Greek Coffee	£2.90

Served in a Briki Pot with a sweet treat

ICED COFFEE

Iced Coffee	£3.00
Iced Frappuccino	£3.00
Iced Mochaccino	£3.30
Ice Frappé & Vanilla Ice Cream	£3.55

HOT CHOCOLATE

Hot Chocolate	Reg. £2.50 / Large £2.95
Hot Chocolate with marshmallows & whipped cream	£3.25



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COLD DRINKS

Southdowns Still or Sparkling Water	£1.50
Folkington's	£1.95
- Elderflower Drink	
- Pink Lemonade	
- Apple Juice	
- Orange Juice	
- Elderflower Presse	
- Ginger Beer	
Coke & Diet Coke	£2.00
Milk Shakes	£3.50
- Vanilla	
- Chocolate	
- Strawberry	
Vivalicious	£2.95
- Switch On Fruit Drink	
Spirulina, Lemon, Orange, Apple, Banana, Passion Fruit	
- Kick Start Smoothie	
Baobab, Banana, Mango, Pineapple, Apple, Passion Fruit	
- Chill Out Fruit Drink	
Blueberry, Apple, Raspberry, Pomegranate, Dragon Fruit, Lemon	



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TEA

Tea Forté - gourmet whole leaf tea in a pyramid silken infuser bag
£2.25 per pot. All milks and soya milk available

English Breakfast / English Breakfast Decaf

Earl Grey

Green Tea (Sencha Green)

Rooibos (African Solstice)

Naturally caffeine-free, antioxidant-rich rooibos herb blended with the taste of berries, blossoms, and a wisp of sweet vanilla

Chamomile & Citron

Chamomile blossoms & rose hips, balanced with lemongrass & mint

Bombay Chai

Indian tea leaves blended with cardamom, clove and toasted coconut

Raspberry Nectar

The sweet taste of raspberries blended with hibiscus petals

Ginger Lemongrass

A soothing fusion of Thai lemongrass with sweet-spicy ginger

Moroccan Mint

Refreshing nana mint blended with Chinese gunpowder green tea



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DRINKS & BOARDS

	175ml Glass	Bottle
WHITE Henri Nordoc Chardonnay, France	£5.00	£20.00
RED Casa Azul 'Valle Central' Merlot, Chile	£5.00	£20.00
ROSÉ Henri Nordoc Rosé Cinsault, France	£5.00	£20.00
PROSECCO Cantina Bernardi, Italy	£6.00	£28.00
BEER & LAGER		
- Corona Extra Pale Lager		£4.95
- Peroni Nastro Azzurro		£4.50
Manns Sharing Board Served with Sussex Charmer, Shropshire Blue, French Brie, Spanish Manchego, sliced Chorizo, Spanish Salchichon, English cured ham, 18 month cured jamón Serrano, fig relish, grapes and a wedge of sourdough		£9.95



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SANDWICHES

Homemade Sandwiches	£6.95
Served on granary bread with a salad garnish	
- Smoked Salmon, Cream Cheese & Rocket	
- Egg Mayo & Watercress	
- Aromatic Hoisin Duck with Spring Onions	
- Prawn & Crab Mayonnaise	
Smoked Chicken, Parmesan & Sun Dried Tomatoes Panini	£8.50
Tomato, Mozzarella & Pesto Panini	£7.50
Cheese Toastie	£6.95
Served with a leaf salad	
Ham & Cheese Toastie	£6.95
Served with a leaf salad	
Pipers Crisps	90p
Anglesey Sea Salt, Cheddar & Onion, Salt & Vinegar	



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SALADS, PIES & BOARDS

Greek Peinirli - Flatbread with Mixed Cheeses & Smoked Bacon Served with a leaf salad	£7.50
Greek Spanakopita - Spinach & Feta Filo Pastry Pie Served with a leaf salad	£8.00
Smoked Chicken Breast & Avocado Salad	£7.95
Mediterranean Tuna Salad	£7.95
Quinoa and Bulgur Wheat Salad with Shavings of Courgette, Lemon & Mint	£7.95
Manns Sharing Board Served with Sussex Charmer, Shropshire Blue, French Brie, Spanish Manchego, sliced Chorizo, Spanish Salchichon, English cured ham, 18 month cured jamón Serrano, fig relish, grapes and a wedge of sourdough	£9.95



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CHILDREN'S MENU

Homemade Sandwiches	£3.50
Served on white bread with a handful of crisps & a cherry tomato	
- Ham & Cheese	
- Cheese	
Cheese Toastie	£3.00
Served with a handful of crisps & a cherry tomato	
Ham & Cheese Toastie	£3.50
Served with a handful of crisps & a cherry tomato	
Ella's Kitchen	£1.50
- The Green One	
- The Red One	
Bear Yoyo Fruit Rolls	£1.00
- Mango	
- Raspberry	



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SNACKS & BARS

The Protein Ball Co.	£1.99
- Cherry & Almond	
- Lemon & Pistachio	
- Peanut Butter	
I Love Snacks Pouches	£1.50
- Olives	
- Smoked Almonds	
Franks Granola Bars (GF)	£1.99
- Cashew Nut, Raspberry & Chocolate	
- Original	
- Salted Caramel	