

## Breakfast (10am -12.30pm)

<b>Buttered sourdough toast (v)</b> With jam, marmalade or peanut butter	<b>£3.60</b>	<b>Breakfast bap</b> Smoked streaky bacon, sausage and free range fried egg in a floured bap	<b>£8.50</b>
<b>Granola bowl (v)</b> Nutty granola with coconut milk, sliced banana & seeds	<b>£5.20</b>	<b>Veggie breakfast bap (v)</b> Avocado, halloumi, free range fried egg, sweet chilli in a floured bap	<b>£8.50</b>
<b>Cheesy beans on toast (v)</b> Heinz baked beans on sourdough topped with grated Cheddar	<b>£6.00</b>	<b>Smashed avocado on sourdough toast (vG)</b> Topped with cherry tomatoes, house-pickled red onions, seeds, olive oil, chilli flakes and micro rocket	<b>£9.50</b>
<b>Bacon bap</b> Smoked streaky bacon in a floured bap	<b>£6.50</b>	<b>Half Portion: £5.50</b> <b>Add fried egg (v) +£1.00</b>	
<b>Sausage or vegan sausage* bap</b> Cumberland or Quorn vegan sausages (*vG) in a floured bap	<b>£6.50</b>		

## Sandwiches & Wraps (Until 5pm)

<b>Mozzarella, tomato open sandwich (v)</b> Two slices of toasted sourdough with pesto, fresh basil, and a drizzle of balsamic glaze	<b>£8.90</b>
<b>Half Portion (one slice of sourdough)</b>	<b>£4.90</b>
<b>Tuna mayo sandwich</b> With sliced tomato and mixed leaves on sourdough bread	<b>£8.50</b>
<b>Chicken and avocado sandwich</b> With red pesto mayo and mixed leaves on sourdough bread	<b>£8.50</b>
<b>Halloumi and avocado wrap</b> With hummus and mixed leaves	<b>£8.00</b>
<b>Falafel wrap (v)</b> With hummus, sweet chilli, tomato, cucumber and mixed leaves	<b>£7.50</b>
<b>BLT</b> Bacon, lettuce, tomato with mayo on sourdough bread	<b>£7.50</b>
<b>- Add avocado +£2.00</b>	

## Salads, Soups & Nachos (Until 5pm)

<b>Homemade soup of the day (v)(*GF)</b> Served with sourdough toast (*gluten free roll available)	<b>£6.90</b>
<b>Yellowwave Buddha bowl (vG)</b> Couscous, avocado, hummus, tomatoes, cucumber, mixed leaves, grated carrot, beetroot, topped with seeds & balsamic glaze	<b>£9.90</b>
<b>Tuna mayo salad</b> Mixed leaves, carrot, cucumber, beetroot topped with seeds and balsamic glaze	<b>£9.50</b>
<b>Bean chilli (v)(GF)</b> Homemade veggie bean chilli served with wholemeal rice and sour cream	<b>£8.90</b>
<b>Nachos to share (v) (GF)</b>	<b>£12.00</b>
<b>Nachos for one (v) (GF)</b> Cheesy tortilla crisps topped with salsa, sour cream and guacamole	<b>£8.00</b>
<b>- Add bean chilli (v) +£2.00</b>	

## Kids' Menu (all day)

<b>Cheesy beans on toast (v)</b> Heinz baked beans on toast topped with grated Cheddar	<b>£5.00</b>	<b>Kids' sandwich (v)</b> Choose from cheese, hummus, peanut butter or jam. Served with hand cooked crisps.	<b>£5.00</b>
<b>Sausage or vegan sausage (vG) &amp; beans</b> Cumberland sausage or Quorn vegan sausage and Heinz baked beans with a slice of toast	<b>£6.00</b>	<b>Kids' Nachos (v) (GF)</b> Cheesy tortilla chips <b>- add hummus, sour cream, salsa, guacamole - £1.00 each</b>	<b>£4.00</b>
<b>Pasta (v)</b> Choose from tomato, pesto or plain served with grated cheese	<b>£5.00</b>		

## Evening menu (From 5pm)

<b>Homemade soup of the day</b> (v)(*GF) Served with sourdough toast (*gluten free roll available)	<b>£6.90</b>	<b>Nachos to share</b> (v) (GF)	<b>£12.00</b>
<b>Bean chilli</b> (v)(GF) Homemade veggie bean chilli served with wholemeal rice and sour cream	<b>£8.90</b>	<b>Nachos for one</b> (v) (GF)	<b>£8.00</b>
		Cheesy tortilla crisps topped with salsa, sour cream and guacamole	
		- Add bean chilli (v) +£2.00	

## Organic Coffee

Americano	£3.40
Cappuccino	£3.80
Latte	£3.80
Flat White	£3.70
Cortado	£3.50
Double Espresso	£3.00
Mocha	£4.00

Syrups/Oat/Coconut milk +35p

## Hot Drinks

English Breakfast Tea	£2.50
Hoogly Herbal Teas	£2.90
Chai Latte	£3.90
Hot Chocolate	£3.80
with cream & marshmallows	£4.50
Kids' Hot Chocolate	£3.00
with cream & marshmallows	£3.50
Babyccino	£1.00

## Iced Drinks & Matcha

Iced Americano	£4.50	Iced Mocha	£4.50
Iced Latte	£4.50	Iced Vanilla Matcha	£4.70

## Smoothies & Shakes

Small: £4.50

Large: £6.50

Add a protein boost: £2

<b>Tropical</b> Passion fruit, mango, pineapple, apple juice
<b>Big 5</b> Mango, pineapple, strawberry, kiwi, apple juice
<b>Avo-Go-Go</b> Avocado, mango, spinach, broccoli, lime, coconut, ginger, apple juice

<b>Strawberry Split</b> Strawberry, banana, apple juice
<b>Banana Berry</b> Blueberry, raspberry, banana, flaxseed, apple juice
<b>Banana, Chocolate or Vanilla shake</b>
<b>Sunrise shake</b> - Strawberry, banana, coconut milk & oats

## Alcoholic Drinks

Wine	175ml*	Bottle	Craft Beer on Tap (Lost Pier)	Half	Pint
House White	£6.80	£27.00	Yellowwave Sunsetter Lager	£3.70	£6.60
White – Sauvignon Blanc (NZ)	£7.50	£30.00	Beach Session IPA	£3.70	£6.60
House Rose	£6.80	£27.00	Paddle Boarder Pale Ale	£3.70	£6.60
House Red	£6.80	£27.00	Fruit machine	£3.80	£7.00
<small>*125ml available</small>			<b>Bottled Beer</b>		
Sparkling Wine – Bottle		£30.00	Corona	(330ml)	£4.90
Miniature Prosecco 175ml		£8.90	Peroni	(330ml)	£4.90
<b>Brighton Gin</b>			Lost Pier (Can)	(330ml)	£5.20
Specialty G&T, ask for flavours		£8.90	Non Alcoholic Beer	(330ml)	£4.50
			<b>Guest Bottled Cider</b>	(500ml)	£6.60