

# EGGS TO APPLES

FARM SHOP

# M E N U

We are proud that our menu features many producers based within a 20-mile radius from our shop. A few of our hero suppliers are Hinxden Farm Dairy (5 miles), Moons Green Charcuterie (16 miles), Fresh Dough Bakery (13 miles), Alsop & Walker (11 miles), Weald Smokery (3 miles), Park Farm Butchers (3 miles)

Please order at the counter, let us know your table number so we can find you when your food is ready. If you are sitting outside the team will give you a numbered spoon, please keep this visible. Our full menu is served all day until 4pm (Sunday 3pm) All bread can be substituted for GLUTEN FREE option.

## Pastries and Breakfast (See our counter for daily and seasonal specials)

<b>All Butter Croissant / with jam and butter</b>	£2.50/£3.50
<b>Almond Croissant/ Hazelnut Croissant</b>	£3.50
<b>Toast.</b> Sussex Kitchen Sourdough toast	
With butter and jam OR Marmalade(V)OR Chocolate Spread	£2.50
With beans(V) £4.50	Add Sausage £2.00
<b>Yoghurt and Granola.</b> Local Natural Yoghurt, granola, blueberries, honey(V)	£4.95
<b>Avocado on Toast.</b> Sourdough with cherry tomatoes, shallots, and mixed seeds (VG)	£8.95
<b>Homemade waffles.</b> Served with yoghurt topped with banana, blueberries, maple syrup and a dusting of cinnamon. (V)	£6.50
<b>Sussex Sausage Ciabatta.</b> Free range Sussex sausages with red onion marmalade and Sussex Charmer cheese. Limited availability so order quick before they're all gone!	£7.95
<b>Ham and Cheese Croissant.</b> A butter croissant with mustard, ham and Coastal cheddar	£7.95

## Toasties. All served with dressed Mixed Salad

<b>Toasted Reuben.</b> Pastrami, classic dressing, Mayfield Swiss cheese, and sauerkraut on rye and caraway	£8.95
<b>Vegan Reuben.</b> I AM NUT Cheddar cheese, basil, rocket, tomato and sauerkraut on rye and caraway	£9.95
<b>Brie, Prosciutto Crudo and fresh Figs on Toast.</b> With a drizzle of honey on sourdough	£7.95
<b>Cheese Toastie.</b> Gruyere and Cheddar on sourdough	£6.95

## Wraps. All served with dressed Mixed Salad

<b>Smoked Chicken breast.</b> Avocado, mayo and salad in a tortilla wrap	£7.95
<b>Falafel.</b> Hummus and roasted red and yellow peppers in a tortilla wrap (VG)	£7.95
<b>Halloumi.</b> Sweet chilli in a tortilla wrap	£6.95

## Hot/Small Plates

<b>Seasonal Soup.</b> With toasted sea salt and rosemary focaccia. See today's specials	£8.95
<b>Sweet Potato, lentil &amp; chickpea curry.</b> Served with naan bread and a side of yoghurt (V) without yoghurt (VG) topped with coriander and chilli	£10.95
<b>Locally Baked Savoury Tart.</b> Served with a choice of two salads from the deli	£12.75
<b>Trio salad bowl.</b> Dressed leafy greens with two seasonal salads (V)	£6.95
<b>Pesto and Mozzarella Focaccia.</b> Served with a dressed salad (V)	£8.95
Add Prosciutto	£2.00

## Kids

<b>Beans On Toast.</b>	£2.95	Add sausage	£2.00
<b>Lunch Box.</b> Cheese or ham roll, local fruit yoghurt, fruit, Pom Bear crisps and a Pips drink (choice of apple or strawberry and blackcurrant)			£6.50
<b>Waffle.</b> Homemade waffle topped with banana, blueberries and maple syrup			£3.95

## Hand Made Scotch Eggs

Served with crisps and house coleslaw <u>or</u> a portion of seasonal salad	£7.95
<b>Classic.</b> Pork with light seasoning	
<b>Vegetabularian(V).</b> Made with chickpeas and sun-dried tomatoes(V)	
<b>Millie.</b> Pork with apple and black pepper (GF)	
<b>Neg.</b> The vegan Scotch Egg Impersonator (VG)	
<b>Scrumpy.</b> A Subtle combination of free-range pork, apple, sage and onion	

## Savoury Pastries

Sausage Roll	£4.15
Veggie Roll(V)	£3.95
Steak Pasty OR Chicken and Chorizo Pasty	£5.25
Cheese and Onion Pasty(V) OR Roasted Veg Pasty (VG)	£5.25
Add: House coleslaw and crisps <u>or</u> a portion of seasonal salad from the deli	£2.50/£2.75

**Allergies and Dietary Requirements:** Please let us know before you order if you have any food allergies or special dietary requirements. We cannot guarantee that our food does not contain traces of nuts, seeds, or other allergens.

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## COFFEE AND DRINKS

### Coffee

	<b>Small</b>	<b>Large</b>
Americano	£2.70	/ £2.90
Cappuccino	£3.10	/ £3.50
Latte	£3.10	/ £3.50
Flat White	£3.25	
Mocha	£3.30	/ £3.80
Cortado	£3.10	
Macchiato	£2.90	
Espresso	£2.40	/ £2.80
Turmeric Latte	£3.50	/ £4.00
Chai Latte	£3.40	/ £3.80
Hot chocolate	£3.10	/ £3.50
Add marshmallows & cream	£3.50	/ £4.00

### **Tea**

English breakfast   Earl grey   Peppermint   Green   Chamomile   Red berry   Rooibos	£2.80
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### Extras

Espresso shot/Syrups	£0.70
Babycino	£1.30
Milk alternatives. Soya   Almond   Oat   Coconut	£0.35 / 0.50

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### **Soft Drinks**

<b>Dalstons naturally sugar free Sparkling Soda 330ml</b>	£2.50
Elderflower, Rhubarb, Ginger Beer, Cherry, Peach	

<b>Fentimans Botanically Brewed 275ml</b>	£3.25
Curiosity Cola, Rose Lemonade, Dandelion and Burdock, Ginger Beer	

<b>ColdPress Orange Juice 250ml</b>	£3.00
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<b>Owlets Kent Juice 250ml</b>	£2.60
Apple or pear	

<b>Sparkling or Still Water in a Can 330ml</b>	£1.75
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<b>Kingsdown Sparkling or Still Water, Glass Bottle 750ml</b>	£2.95
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<b>Kids Pip Organic Juices 180ml</b>	£2.65
Cloudy Apple/Strawberry and Blackcurrant	

<b>Superfood Smoothies</b>	£5.00
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Energy - Banana, Strawberries, Blueberries, Raspberries, Blackcurrant, Spinach, Maca, Chia Seed, Cacao, Guarana and Apple Juice

Vitality - Pineapple, Mango, Banana, Papaya, Ginger, Flax Seed, Goji Berries, Baobab, Sunflower Seed, Pumpkin Seed and Apple Juice

### **Booyah Vitality**

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**Wines and beers** from the cellar are available to order in the café with a corkage charge. £5 for a bottle of wine & £1.50 for single serve wines and beers. Soft drinks not featured on our menu are charged £1 corkage each.