

# Gardeners' Retreat Café Menu

## Early Bird Specials

### **Bacon Sandwich**

Two rashers of locally cured and smoked bacon with your choice of ketchup or brown sauce

(served 10-11:30am)

£4.95

### **Awesome Oats**

A wholesome bowl of porridge oats with mixed seeds and honey

*vegan option available*

(served 10-11:30am)

£2.95

### **Sussex Cheese Scone**

A large cheese scone, topped with Sussex cheddar, served with butter

£1.95

### **French Breakfast Pastries**

Butter croissant or pain au chocolat

£1.95

## Sandwiches

(served 12-2:30pm)

### **Ham Salad Sandwich**

British hickory smoked gammon ham, crisp iceberg lettuce, thick cut tomato and Dijon mayonnaise on local bloomer bread

£3.95

### **Chicken Tikka Sandwich**

Diced free range chicken marinated in Tikka spices, crisp lettuce with a fresh mint and coriander chutney on local bloomer bread

£3.95

### **Bacon, Lettuce and Tomato**

Smoked back bacon, crisp lettuce, thick cut tomato on local bloomer bread

£3.95

### **Egg and Watercress**

Free range egg, peppery watercress and mayonnaise on local bloomer bread  
£3.25

### **Cheese and Pickle**

Sliced mature cheddar cheese with sweet pickle on local bloomer bread  
£3.25

## Jacket Potatoes

(served 12-2:30pm)

### **Oven baked jacket potatoes**

All served with a mixed salad and butter or sunflower spread

Naked Jacket	£4.50
Cheese or Beans	£4.95
Cheese and Beans	£5.45
Tuna Mayonnaise	£5.95

## Soup of the Day

(served 12-2:30pm)

Homemade soup served with a wedge of bloomer bread and butter or sunflower spread 

Ask a waiter or see the specials board for today's soup  
£4.50

## Savoury Delights

(served 12-2:30pm)

### **Brilliant Baked Beans**

A mix of flageolet, cannellini and adzuki beans cooked in a rich tomato sauce, laced with fresh rosemary and served on a slice of toasted bloomer bread  
£5.25

### **Spinach and Potato Tortilla**

A slice of Spanish style omelette, served cold with mixed salad and homemade slaw  
£5.25

## Kids Zone

### **Honey I Shrunk the Soup** 🌿

Small portion of the soup of the day served with toasted croutons on the side  
£2.45

### **Chips and Dips**

Crudity 'chips' of carrot and cucumber with hummus dip  
£1.95

### **Simple Sandwich Roll**

Small soft roll with the choice of plain ham or plain cheese

On it's own £2.45

Add a packet of crisps or raisins and a juice carton £3.95

## Cakes and Bakes

(available all day)

### **Cream Tea**

One homemade fruit scone, clotted cream, jam and a pot of tea for one  
£4.95

### **Cakes and Tray Bakes**

A variety of delicious homemade cakes and tray bakes available daily from the counter

From £1.95 - £3.25

## Snacks

REAL hand cooked crisp selection £1.00

Pom Bears £0.80

Baked to Taste, gluten free snacks £1.95

## Drinks

### **Tea selection**

Choose from our range of fine loose leaf tea from Joe's Tea Company

Gardeners Mug £2.00

Pot for One £2.20

### **Barista Coffee**

Americano £2.40

Cappuccino	£2.60
Latte	£2.60
Flat White	£2.60
Single Espresso	£2.20
Double Espresso	£2.40
Macchiato	£2.40

### Hot Chocolate

Made with real Belgian chocolate shavings £2.80

### Cold Drinks

Luscombes Elderflower Presse	£2.40
Luscombes Cool Ginger Beer	£2.40
Luscombes Sicillian Lemonade	£2.40
Luscombes Cranberry Cooler	£2.40
Frobishers Apple Juice	£2.20
Frobishers Orange Juice	£2.20
Pepsi Cola	£2.00
Diet Pepsi	£2.00
Sprite	£2.00
Southdowns Still Mineral Water	£1.50
Southdowns Sparking Mineral Water	£1.50

Feel Good Kids Orange, Pineapple and Banana Carton £1.50

Feel Good Blackberry, Apple and Grape Carton £1.50

### Ice Cream

A selection of individual tubs of Jude's award winning premium ice cream lovingly made in Hampshire

£2.50

Mini Jude's for Kids – vanilla, chocolate or strawberry

£1.00