

# BREAKFAST

available 9am - 11.30am

**Toast with butter & jam GF** £2

**Toasted teacake with butter** £2

**Breakfast rolls GFV** £4.5  
with 'Hungry Guest' rolls  
Gluten free bread available

Choose your filling:

- \* Bacon
- \* Sausage
- \* Vegetarian sausage
- \* Free range egg
- \* Portobello Mushroom & Sussex  
Charmer Cheddar

**Add extra filling** 50p

**Weald & Downland Breakfast GF** £7.5  
1 sausage, 1 rasher of bacon, 1 free range egg, grilled  
tomato, baked beans, mushrooms, toast

**Weald & Downland Bigger Breakfast GF** £9.5  
2 sausages, 2 rashers of bacon, 2 free ranged  
eggs, tomato, baked beans, mushrooms, toast

**Weald & Downland Veggie Breakfast GF** £7.5  
2 free range eggs, 2 vegetarian sausages,  
baked beans, mushrooms, tomato, toast

**Your choice breakfast GFV** priced  
per item  
Create your best breakfast. Choose from: free range  
egg, sausage, bacon, baked beans, mushrooms, grilled  
tomato & toast

GF Gluten free option available

V Vegan option available



# LUNCH

available 12pm - 3pm

**Soup of the day GFV** £5  
with speciality bread

**Pate of the day** £7  
with toasted speciality bread & onion relish

**Falafel & hummus salad V** Sml £7.5  
with tzatziki dressing, toasted pitta bread & Lge £9  
pumpkin seeds

**Grilled goat's cheese, beetroot & avocado salad** Sml £8  
with walnut dressing GFV Lge £10

**Jacket Potato** with dressed side salad GFV £6.5  
1 filling. Choose from:  
Cheese, Beans, Tuna Mayo or Egg & Cress

Prawn mayonnaise £7.5  
Extra filling £1

**Sandwiches made to order GF** £5.5  
with crisps and side salad  
Choose from: Cheese, Ham, Tuna Mayo or Egg & Cress  
If you'd like your sandwich toasted, just ask!

**Sandwiches to take away GF** £4.5  
without crisps or side salad are available from the  
fridge. Just help yourself and pay at the counter

**Ploughman's Lunch GF** £9  
with honey roast Gammon, Sussex Charmer cheddar,  
onions, pickles & speciality bread

**Haddock & spring onion fishcakes** £8  
with house slaw and dressed salad

**Chicken, lettuce & bacon club GF** £9  
Locally sourced chicken & bacon with mayo on a  
'Hungry guest' ciabatta bap

**Smashed avocado, smoked bacon and sliced egg GF** £8.5  
on toasted 'Hungry Guest' sourdough  
with dressed leaves

See our specials board  
for further options

GF Gluten Free options  
V Vegan options



# CHILDREN'S MENU

available 12pm - 3pm

**Fish Finger salad sandwich GF** £4.5  
Coated cod goujons on white bloomer bread

**Pasta Penne** £5  
in tomato & herb sauce topped  
with cheese & garlic bread

**Add meatballs (3)** £1.5

**Little Gardener's Platter GF** £4  
with ham, cheese, carrot sticks, pickle  
fresh tomatoes & bread

**Half Jacket Potato GFV** £4.5  
1 filling. Choose from:  
Cheese, Beans, Tuna Mayo or Egg & Cress

**Half sandwiches made to order GF** £3  
with crisps  
Choose from: Cheese, Ham, Tuna Mayo or Egg &  
Cress. If you'd like your sandwich toasted, just ask!

**Weald & Downland Lunch Box GF** £4.5  
Help yourself to a lunch box from the fridge with your  
choice of children's half sandwich, juice box and any 3  
items from the blue boxes

GF Gluten free option available

V Vegan option available



# DRINKS

available all day 9am - 5pm

Pot of tea for one	£2
Pot of tea for two	£3
Herbal teas: Peppermint, Fruits	£2.20
Iced Coffee	£3
Americano	£2
Flat white	£2.40
Latte	£2.40
Cappuccino	£2.40
Mocha	£2.80
Hot Chocolate	£2.60
Extra shot espresso/syrup	50p

Our coffee beans are sourced from  
and roasted locally by Edgumbes  
coffee roasters in Arundel, West Sussex

Our teas are sourced from Joe's Tea Co. who  
specialise in ethical, organic teas and use only  
100% organic Ceylon tea from small, organic  
plantations in Dyatalawa, Sri Lanka

A selection of cold drinks are available  
from our fridge. Please help yourself  
and pay at the counter

