

# TOM'S FOOD

## **Toast with Butter & Jam**

chewy brown or sourdough (ngo)  
jam, marmalade, marmite or peanut butter  
3.5

## **Greek Yogurt**

homemade granola, fresh berries, berry  
compote, banana (n)(v)  
6.95

## **Grilled Banana Bread**

brown butter oats, tahini,  
toasted nuts, espresso butter (v)(n)  
4.95

## **Welsh Rarebit**

rarebit sauce, chilli jam, gerkins,  
sourdough toast (v) (ngo)  
7.5  
add ham hock+2/add egg+1

## **Eggs on Toast**

pea shoots, toasted seeds, roasted tomato, chewy brown toast (ngo)  
6.5

avocado	+1.5	parma ham	+2	merguez sausages	+2
feta	+1	smoked salmon	+3		

## **Pastrami Bagel**

pastrami, celeriac remoulade,  
gherkins, emmental cheese,  
(v option – roasted red pepper)  
8.5

## **French Toast Crumpets**

smoked salmon, asparagus, poached egg,  
roasted tomatoes, lemon & mustard mayo,  
chopped herb vinaigrette  
11.5

## **Sausage Roll**

wild boar, apple, poppy seeds,  
tomato jam  
5

## **Veggie Sausage Roll**

sweet potato, smashed beans,  
courgette, tomato jam (v)  
5

**Add ½ a portion of salad +3**

## **Salad Plate**

**See board for this week's selection**

## **PUDDING**

### **Affogato**

vanilla ice cream, workhorse  
coffee, caramel popcorn  
4.5

### **Cinnamon Bun**

vanilla ice cream, oat  
crumble, butterscotch sauce  
6.5

**Selection of cakes available from the counter**

v – vegetarian / vg – vegan / gf – gluten Free / n – contains nuts / ngo – non gluten option available

At Tom's Food we plan our menus carefully offering many choices for various dietary requirements. Food is prepared fresh, cooked to order & we produce virtually everything in our kitchen on a daily basis. At busy times this may result in a slight delay to your order. We do our utmost to reduce the risk of cross-contamination, however, as we have such a small kitchen we cannot guarantee our dishes to be free from allergens. Please notify your waitress of any dietary requirements, allergies and intolerances when placing your order so that we may advise you accordingly. Please ask to see full list of allergens.

# TOM'S FOOD

Latte	3.2
Flat White	3
Cappuccino	3
Americano	2.6
Cortado	2.6
Macchiato	2.5
Espresso	2.5
Mocha	3.1
Iced Latte	3.5
Iced Americano	2.8

Oat or Soya Milk	0.30
Syrup – caramel or hazelnut	0.20

<b>TEA</b>	2.4
English Breakfast, Earl Grey, Rooibos, Caramel Vanilla Rooibos, Lemon & Ginger, Green Tea, Chamomile, Blood Orange, Fresh Mint	

Chai Latte	3.2
Deluxe Dark Hot Chocolate	3.2
Deluxe White Hot Chocolate	3.2
Chilled Oat White Chocolate Chai	3.2
Small Hot Chocolate	2.5
Kid's Warm Chocolate Milk	2
Babyccino	1.5

## SOFT DRINKS

Diet coke / Coke	2
San Pellegrino Lemonade	2
Fresh Orange Juice	2.45
Wobblegate Crushed Apple Juice	2.45
Folkingtons Ginger Beer	2.25
South Downs Still Water	1.95
South Downs Sparkling water small/large	1.95/ 3.95

## HANDCRAFTED LOCALLY

<b>PRESS JUICES</b>	3.95
<b>Clean Beet</b> – beetroot, apple, lemon, ginger	
<b>Sweet Citrus</b> – orange, tangerine, grapefruit, lemon, cayenne, turmeric	
<b>Sweet Greens</b> – kale, spinach, romaine, celery, cucumber, apple, lemon	
<b>Golden Glow Smoothie</b> – orange, lemon, ginger, turmeric, cayenne, banana, avocado	
<b>Triple Berry Smoothie</b> – blueberry, raspberry, strawberry, banana, lime, coconut milk	

<b>TOM'S SUMMER SMOOTHIE</b>	6
pineapple, mango, spinach, honey almond milk, banana, chia, oats	

## BEER / CIDER

Harvey's Brewery Sussex Best Bitter	4.5
Bedlam Brewery Pilsner (330ml)	2.95
Bedlam Brewery Pale Ale (330ml)	2.95
Wobblegate Eden Cider	4

<b>HOLOS KOMBUCHA</b>	3.95
A naturally fizzy, fermented tea drink filled with good bacteria	
<b>Elderflower</b> – Floral. Summery. Refreshing. The perfect drink to relax after a long, hot day	
<b>Ginger &amp; Hibiscus</b> - Joyful. Punchy. Cleansing. Two powerhouse flavours combine to form a delicious and full-bodied	

## HOUSE WINE

*Spain, Castilla-La Mancha*

<b>WHITE</b>	
Embrujo Verdejo Organic, Bodegas Verum, 2020	5.5 / 18
<b>RED</b>	
Embrujo Tempranillo Organic, Bodegas Verum, 2020	5.5 / 18

Please ask to see the full wine list

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