



### **Brunch** (10am to 12pm)

<b>Flat mushrooms on toast (v)</b>	£6
<b>Ham and emmental cheese croissant</b>	£6
<b>Smoked salmon and scrambled egg</b> Served with brown or white toast	£12
<b>Scrambled eggs on toast</b> Choice of malted or white	£8
<b>Bakers basket</b> Freshly baked croissants & Danish pastries	£5
<b>Smashed avocado</b> On whole meal toast and poached eggs Add bacon, sausage or mushrooms	£7 £1.5

### **Beverages**

<b>Pot of tea for one</b>	£4
<b>Pot of tea for two</b>	£6
<b>Specialty teas</b>	£3.5
<b>Pot of coffee for one</b>	£4
<b>Pot of coffee for two</b>	£7
<b>Americano</b>	£4
<b>Espresso</b>	£3
<b>Latte</b>	£4.5
<b>Cappuccino</b>	£4.5

Not all dishes have everything listed. If you have any questions regarding the menu, allergens  
And/or ingredients, please feel free to ask your server for more info.



### Light bites

<b>Soup of the day</b> Crusty bread	£7.5
<b>Chorizo, serrano ham and salami</b> Breads and pickles	£9
<b>Goat's cheese and red onion jam quiche (v)</b> Dressed rocket	£6
<b>Selection of dips with flat bread</b> Hummus, taramasalata and tzatziki	£7.5
<b>7 Buffalo wings</b> Blue cheese dip	£8
<b>Vegetable pakora (v)</b> Minted yogurt	£8

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### Sandwiches

(Served toasted or freshly cut, with potato crisps & mixed leaves)

**Bread Option:** White, malted bloomer or ciabatta

<b>Cheddar and tomato (v)</b> Caramelized onion chutney	£7
<b>Grants smoked salmon and cucumber</b> Basil cream cheese	£8
<b>Classic BLT</b> Cured bacon, lettuce and tomato and mayonnaise	£7.5
<b>Chicken and mayonnaise</b> Baby spinach and plumb tomato	£8.5
<b>Pastrami &amp; Mustard</b> Gherkins, sundried tomatoes, English mustard mayonnaise	£9
<b>The East Sussex National Club</b> Bacon, tomato, egg, baby gem, chicken with chunky chips	£11.5
<b>Steak baguette</b> 170g bavette steak cooked to your liking, with caramelized onion and whole grain mustard, With fries and dressed salad	£12.5

### Salads

<b>The East Sussex National Caesar salad (v)</b> Cos lettuce, croutons, vegetarian parmesan cheese and Caesar dressing	£9.5 (with chicken £12)
<b>The East Sussex bean and haloumi salad</b> Cos lettuce, quinoa, edamame and kidney beans, flax seeds, watercress and soya & honey dressing	£10.5
<b>Mozzarella and plum tomato salad (v)</b> Pesto, balsamic reduction and roquette	£9.

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## Main courses

<b>The ESN burger</b>	£13.5
7oz beef burger, emmental cheese Sliced tomato, baby gem, gherkin, chilli jam, coleslaw and skin on fries Add back bacon onion rings, avocado or blue cheese £1.5 each item	
<b>Fish &amp; chips</b>	£12.5
Beer battered cod, smoked mushy peas and chunky chips	
<b>Cottage pie</b>	
Cheesy Mash potatoes, buttered greens	£12
<b>Paneer, potato &amp; spinach curry (vegan)</b>	£12
Basmati rice, lime pickle and homemade chapatti and onion bargee	
<b>Boneless Chicken thigh curry</b>	£14
Basmati rice, lime pickle and homemade chapatti and onion bargee	
<b>Mediterranean vegetable and goat's cheese burger</b>	£12.5
Pesto, coleslaw and skin on fries	
<b>Fresh linguini carbonara</b>	£12
Fresh egg pasta, pancetta and free-range egg yolk with Reggiano parmesan (available with creamy sauce on request)	
<b>Teriyaki tiger prawns</b>	£13.5
Egg noodles, spring onions	
<b>Vegetable tagine</b>	£12
Couscous and minted cucumber soya yogurt (vegan)	

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**All Sides £4.00**

Chunky chips  
Skin on fries  
Tender stem broccoli and fresh chilli  
Mixed seasonal vegetables  
Mixed salad with house dressing

Tomato & cucumber salad  
Mashed potato  
Cheesy chips (£1 supplement)

**East Sussex grill menu**

All served with grilled vine plum tomato, homemade triple cooked chips and dressed watercress

200g bavette steak	£12
230g 28-day mature English rib eye steak	£25
Pork chop	£12
Gammon steak, fried egg	£10

**Sauces**

Béarnaise	£4
Peppercorn	£4



**Afternoon Tea** (2pm to 6pm) £19.95pp

Selection of finger sandwiches

Warm plain and fruit scones, clotted cream and raspberry jam

Mini cake selection

Choice of tea & coffee

**Cream Tea**

Warm plain and fruit scones with clotted cream & raspberry jam £7.50

Choice of tea & coffee

**Desserts**

Banana crème brûlée with shortbread £7.50

Chocolate and vanilla ice cream sundae £8.50

Selection of cheese and biscuits £9.25