



Ryder Bar Lounge Menu

Light Bites

Feta, Olives and Sun Blushed Tomato (v)	£3.95
Peppered Humus and Pitta Bread (v)	£3.95
Soup of the Day with Crusty Bread Rolls (v)	£4.95
Welsh Rarebit on Toasted Ciabatta (v) Dressed salad	£5.50

Sandwiches **£5.75**

Choose from
White split tin loaf, malted split tin loaf or baguette
All sandwiches are served with crisps and side salad

Cheddar Cheese, Tomato and Red Onion Chutney (v)

Egg Mayonnaise and Rocket Leaves (v)

Classic BLT
Bacon, lettuce, tomato and mayonnaise

Ham & Mustard

Tuna Mayonnaise with Cucumber

Smoked Salmon, Cream Cheese and Cucumber **£6.75**

Coronation Chicken **£6.75**

The East Sussex National Club **£9.75**
Bacon, lettuce, tomato, egg, chicken, avocado and chips

Toasted Sandwiches **£6.75**

Cheese and Tuna Melt

Cheese and Tomato Melt (v)

Ham and Cheese Melt

Basket Meals

Onion Bhaji's (v) Mint yoghurt, sweet chilli sauce	£4.50
Spiced Chicken Wings Five wings with BBQ sauce	£6.50
Scampi and Chips Tartare sauce mushy peas and lemon	£6.95
Duck Spring Rolls With hoisin sauce	£6.50
Nachos (v) With cheese, spicy salsa, sour cream and guacamole	£6.95
Beer Battered Cod and Chips Local cod, tartare sauce and mushy peas	£8.95

Light Meals

The East Sussex National Caesar Salad (v) Cos lettuce, croutons, and parmesan with Caesar dressing	£8.50
The East Sussex National Caesar Salad with Chicken Cos lettuce, croutons, and parmesan with Caesar dressing and poached egg	£10.50
Honey Roast Ham, Egg and Chips Mixed salad and chips	£10.50
The ESN Burger 8oz beef burger, smoked streaky bacon, Monterey Jack Cheese, Sliced tomato, crispy lettuce, gherkins, chilli jam, coleslaw and chips	£12.75
The ESN Chicken Burger Chicken, smoked streaky bacon, Monterey Jack Cheese, Sliced tomato, crispy lettuce, gherkins, chilli jam, onion rings, coleslaw and chips	£12.75
The ESN Vegetarian Burger (v) Vegetable burger, chilli jam, coleslaw, chips	£8.75

Sides

Chunky Chips	£3.95
Chunky Chips with Cheese	£4.50
Sweet Potato Fries	£4.25
Onion Rings	£3.95
Garlic Bread	£3.95
Garlic Bread with Cheese	£4.50

Breakfast

(Available between 7am – 11am)

The East Sussex National Full English Breakfast Free range egg cooked to your liking, bacon, sausage, Grilled tomato, mushrooms, hash brown, baked beans and toast Inclusive of tea & coffee	£9.75
The East Sussex National Rise and Shine (V) Free range egg cooked to your liking, vegetarian sausage, Grilled tomato, mushrooms, hash brown, baked beans and toast Inclusive of tea & coffee	£8.95
The Breakfast Bap Bacon, sausage and free range fried egg Inclusive of tea & coffee	£7.95
Two Item Breakfast Bap Choose from bacon, sausage, fried egg, hash brown, grilled tomato	£5.25
One Item Breakfast Bap Choose from bacon, sausage, fried egg, hash brown	£4.25
Eggs on Toast Choose from scrambled, fried or poached Served on Malted or White Toast	£4.50
Smoked Salmon and Scrambled Egg Served on Malted or White Toast	£6.50

Afternoon Tea

Toasted Fruit Tea Cake	£3.50
Two Buttered Crumpets	£3.50
Fruit Scones and Preserves, Clotted Cream	£5.50

Desserts

Chocolate Brownie with Vanilla Ice cream	£6.50
Fresh Fruit Platter with Orange Sorbet	£6.50
Ice Cream Selection with Chocolate Sauce	£6.50
Trio of Cheeses and Accompaniments	£7.75