



BUBBLES

NV PROSECCO, STELLE D'ITALIA – Glass £7.25 / Bottle £33
Veneto / Italy

A lively, crisp, sparkling wine with a delicate lemon character and an aromatic, dry, refreshing finish. (11%)

NV HIGHWEALD BRUT RESERVE – Glass £12 / Bottle £70
England

A blend of Chardonnay, Pinot Noir and Pinot Meunier. Beautiful refreshing and elegant wine with aromas of orchard and citrus fruit, toast & spice. (12%)

NV HIGHWEALD ROSE BRUT – Glass £14 / Bottle £80
England

A blend of Chardonnay, Pinot Noir and Pinot Meunier. With an intense, seductive aroma of English summer berries, a delicate & persistent mousse & wonderful length. (12%)

NV BRUT BARON FUENTE GRANDE RESERVE - Bottle £60
Champagne / France

Chardonnay 30%, Pinot Meunier 60%, Pinot Noir 10%
It is light and refreshing & has notes of ripe white fruit, notably white peaches, but also dried apricot. (12.5%)

MOET & CHANDON IMPERIAL - Bottle £90
Champagne / France

Pinot Noir, Pinot Meunier & Chardonnay. (12%)

NV LANSON ROSÉ - Bottle £95
Champagne / France

Chardonnay 32%, Pinot Meunier 15%, Pinot Noir 53%
A beautiful pure, soft pink colour with aromas of roses and delicate notes of red berries, together with fresh red fruit flavours. (12.5%)

DOM PERIGNON VINTAGE 2009 - Bottle £225
Champagne / France

Chardonnay 40%, Pinot Noir 60%
Distinguished by its depth of flavour and aromatic persistence, the 2009 captures the unique qualities of the year in which it was born while staying true to Dom Pérignon's signature characteristics. (12.5%)



What's in my dish - scan for allergens

Please make us aware of any allergies or dietary requirements you may have. Please also let us know if you are gluten free as all the dishes can be made to this requirement. We can make dishes nut free but please be aware that the kitchen does have nut products present therefore cannot be classed as completely nut free.



East Sussex
NATIONAL



SPA MENU



BREAKFAST

Served 9:30am - 12:00pm

SUPERFOOD YOGHURT BOWL - £6*

with granola, honey, banana, fresh seasonal berries & pumpkin seeds (V)

SAUSAGE BAP - £6*

with hash brown

BACON BAP - £6*

with hash brown

GRILLED TOFU BAP - £6*

with tomato & hash brown (Ve)



SOUP & SANDWICHES

Served 12:00pm - 5.00pm

All sandwiches served on either - White or Multigrain Bloomer Bread, Ciabatta or Gluten free with fries & dressed leaves.

KITCHEN SOUP OF THE DAY - £7.5*

sourdough bread, whipped butter (V) (Ve on request)

TUNA MAYONNAISE - £9.5*

with spring onion & roquette

KING PRAWNS - £11.5*

cucumber, lime mayonnaise

PLOUGHMAN'S CHEDDAR - £9.5*

tomato, leaves, chutney (V) (Ve on request)

CLUB SANDWICH - £13.5*

with chicken, bacon, egg, lettuce, tomato & mayonnaise

CHEDDAR CHEESE & HAM TOASTIE £9.5*

A.L.T - £10.5*

avocado, lettuce & tomato with vegan mayonnaise (Ve)

PLANT BASED ECO BURGER - £15.5*

vegan cheese, dill pickle, relish, tomato, tofu, gem lettuce, fries & slaw (Ve)



SALADS

Served 12:00pm - 5.00pm

BUDDA BOWL - £14.5*

linseeds, beetroot, steamed rice, avocado, spinach, mango, raw courgette, classic French dressing (Ve)

HERITAGE TOMATO, AVOCADO & TOFU SALAD - £12.5*

with kale, spinach, mixed leaves, pine nuts, sweet chilli dressing (Ve)

Add Chicken Breast, Halloumi or King Prawns - £7.5

*Denotes can be made as a recipe without gluten, (V) Vegetarian, (Ve) Vegan



IN HOUSE PIZZA OVEN - 12"

Served 12:00pm - 5.00pm

Hand rolled sourdough base.

MARGHERITA - £14*

mozzarella, semi dried tomatoes (V)

SWEET CHILLI CHICKEN - £15*

red onion, roquette & mozzarella

SMOKED HAM - £15*

Tomato, onion, mozzarella.

VEGAN - £15*

spinach, mushroom, courgette, tofu, vegan cheese (Ve)

Extra toppings £1 / Can be gluten free.



SIDES

NOCELLARA OLIVES - £3.5*

SOURDOUGH BREAD & WHIPPED BUTTER - £3

FRIES* OR CHUNKY CHIPS* - £4

PARMESAN & TRUFFLE FRIES - £5*

ROQUETTE & PARMESAN SALAD - £4*

CRISPY ONION RINGS, STICKY MAYO - £4



CAKES & ICES

DAILY CAKE SELECTION - £3.95*

please ask for todays specials

BEACHDEAN CHOCOLATE & VANILLA ICE CREAM - £3.95*

JUDE'S VEGAN VANILLA ICE CREAM - £3.95* (Ve)

JUDE'S MANGO SORBET - £3.95* (Ve)



HORSTED PRESSES

GREENS PRESS - £4.5

celery, cucumber, spinach, kale, pear, lime & pineapple (Ve)

CARROT PRESS - £4.5

carrot, orange, ginger, lemon & apple (Ve)

RED PRESS - £4.5

beetroot, carrot, lemon, apple & pineapple (Ve)

BLACK LEMON PRESS - £4.5

activated charcoal & lemon (Ve)

GINGER SHOT - £3.5

ginger & apple