

breakfast & brunch

MOKSHA BREAKFAST 14.50

Free-range Sussex Cumberland sausage, Sussex free range bacon, free-range eggs (choose from fried, scrambled or poached) grilled flat mushroom, grilled beef tomato, homemade baked beans & toasted sourdough.

add black pudding 2.50

THE BIG BREAKFAST 19

Cumberland sausage, smoked back bacon, free range eggs, homemade baked beans, mushroom, beef tomato, our famous homemade hash browns, black pudding and sourdough toast

VEGETARIAN BREAKFAST 13.50 [v]

Grilled flat mushrooms, cherry vine tomatoes, wilted spinach, homemade baked beans, free-range eggs (choose from fried, scrambled or poached) & toasted sourdough.

add halloumi 2.00 | add avocado 2.00

PLANT-BASED BREAKFAST 13.50 [pb]

Grilled flat mushrooms, cherry vine tomatoes, wilted spinach, homemade baked beans, tofu scramble & toasted sourdough.

HALF BREAKFAST 9.50

Free-range Sussex Cumberland sausage, grilled beef tomato, homemade baked beans, free-range eggs (choose from fried, scrambled or poached) & toasted sourdough.

add black pudding 2.50
add smoked back bacon 3

SHAKSHUKA 14 [v]

Free-range poached eggs in a middle-eastern inspired spiced red pepper sauce topped with crumbled feta and garlic yoghurt. Served in a skillet with a toasted wrap.

add free-range Sussex chorizo 2.75

VEGAN SHAKSHUKA 14 [pb]

Tofu in a middle-eastern inspired spiced red pepper sauce topped with vegan yogurt and feta style vegan cheese. Served in a skillet with a toasted wrap.

HUEVOS RANCHEROS 14

Crisp tortilla base with free-range chorizo sausage & a black bean, sweetcorn & chipotle sauce, topped with melted cheese, free-range fried eggs & an avocado & tomato salsa.

VEGAN TOFU BENEDICT 12 [pb]

Organic tofu, Asian greens, vegan hollandaise served on toasted sourdough.

TOFU SCRAMBLE 12 [pb]

Tofu, pan-fried mushrooms, kale, crispy onions, pink onions, pickled red cabbage, sambal & spices on sourdough

pancakes

Stack of American style pancakes.

BLUEBERRY 11 [v]

Three fluffy blueberry pancakes with a pot of maple syrup.

FOREST FRUIT 13 [v]

Two fluffy pancakes, Greek yogurt topped with mixed forest fruit berries and Biscoff.

EGGS

All with free-range eggs from Henfield

EGGS FLORENTINE 9.50 [v]

Wilted baby spinach, free-range poached eggs topped with homemade hollandaise sauce, served on toasted sourdough.

EGGS BENEDICT 10

South Down Farm bacon, free-range poached eggs topped with homemade hollandaise sauce, served on toasted sourdough.

EGGS ROYALE 12

Chalkstream smoked trout, free-range poached eggs topped with homemade hollandaise sauce, served on toasted sourdough.

TURKISH EGGS 12 [v]

Greek garlic yoghurt, Kalamata olives, sun blushed tomatoes, poached eggs, Aleppo chilli butter and a homemade pitta bread.

SMASHED AVOCADO 12 [v]

Sun-blushed cherry tomatos, feta, pomegranate molasses, poached eggs on toasted sourdough topped with seeds.

HUEVOS BENEDICTOS 13

Free-range chorizo sausages, free-range poached eggs topped with avocado & tomato salsa, chipotle hollandaise on toasted sourdough.

ROASTED MUSHROOM BRUSCHETTA 12 [v]

Roasted mushrooms, minted Kale, & houmous on toasted sourdough topped with green tahini dressing, pomegranate molasses dukkah and a poached egg

CHILLI SCRAMBLE 11.50 [v]

Scrambled eggs with feta, cherry tomatoes, homemade chilli jam, pickled chillies, crispy onions and coriander on sourdough

HAM HOCK 13 [gf]

Our famous hash browns topped with slow-cooked Sussex ham hock, kale, smashed peas, poached eggs & hollandaise sauce.

FREE-RANGE EGGS ON TOAST 6.50 [v]

Choose from fried, poached or scrambled.

with avocado salsa 9.00

with Sussex free-range streaky bacon 9.50

with Chalkstream smoked trout 11

bowls & salads

VEGAN FALAFEL BOWL 12 [pb, gf]

Roasted vegetable & homemade falafel with spinach, pickled red cabbage, carrot, ranch green tahini dressing & dukkah.

VEGAN POKE BOWL 12 [pb, gf]

Teriyaki tofu, quinoa, avocado, spinach, cucumber ribbons, toasted seeds, pickled red cabbage with Asian ranch sauce.

STREAKY BACON 13

Three fluffy blueberry pancakes with free-range Sussex smoked bacon and a pot of maple syrup.

FULL AMERICAN 14

Two fluffy pancakes with sausage, smoked streaky bacon, fried or scrambled eggs, maple syrup and homemade beans

burgers

make your burger gluten-free 50p

Served in a home-made brioche style bun and skin-on-fries

BEEF BURGER 13

Free-range grass fed beef patty with homemade burger sauce, mayo, tomato, pink onions, gherkin & iceberg lettuce.

MONTEREY JACK 14

Free-range beef patty, Monterey Jack cheese, tomato, iceberg lettuce, pink onions, gherkin, mayo & homemade burger sauce.

MUSHROOM & HALLOUMI 14 [v]

Grilled flat mushroom, grilled halloumi, gherkin, homemade burger sauce, mayo, tomato, pink onions & lettuce

BRIGHTON BLUE 15

Free-range beef patty with award-winning Brighton blue cheese, Sussex smoked bacon, homemade burger sauce, mayo, tomato, gherkin, pink onions & iceberg lettuce.

VEGAN BURGERS

Served in a home-made vegan bun and skin-on-fries

CHICKPEA BURGER 13 [pb]

Homemade falafel with ranch sauce, cucumber, tomato, gherkin, pink onions & lettuce.

CRISPY TOFU BURGER 14 [pb]

Organic tofu in a tamari garlic chilli batter and Panko served in a homemade vegan bun with gherkin Sambal Asian slaw and Asian ranch dressing

DIRTY BRUNCH BURGERS

add skin-on-fries to your dirty burger 3.50

DIRTY BACON 9

South Down Farm bacon, our famous hash-brown, Monterey Jack cheese, chilli jam and fried egg in a brioche bun.

DIRTY HOCK 9

Slow-cooked Sussex ham hock, our famous hash-brown, Monterey Jack cheese, chilli jam and fried egg in a brioche bun.

DIRTY VEGGIE 9 [v]

Flat mushroom, our famous hash-brown, Monterey Jack cheese, chilli jam and fried egg in a home-made brioche bun.

DIRTY VEGAN 9 [pb]

Flat mushroom, our famous hash-brown, vegan cheese, chilli jam and avocado in a home-made vegan bun

light bites

TOMATOES & HOUMOUS 8 [pb]

Grilled cherry vine tomatoes on toasted sourdough with houmous topped with tomato & avocado salsa.

ROASTED VEG & HALLOUMI 8 [v]

Roasted vegetables, houmous and halloumi on toasted sourdough. Contains chilli.

SMOKED CHALKSTREAM TROUT CREAM CHEESE 9.50

Chalkstream smoked trout, avocado & tomato salsa, cream cheese, cucumber ribbons and lemon on toasted sourdough.



fresh juices

ALL JUICED HERE BY US :)

Orange 5

Apple 5

Carrot, ginger, apple & turmeric 5.50

SHOTS

Ginger & apple shot 3

[v] Vegetarian [pb] Plant-Based/vegan [gf] Gluten-free.
No changes or swaps unless for essential dietary needs.
VAT is included in the price.
Optional 10% service charge will be added to your bill and will go to staff.

We are happy to cater for allergies, not preferences

If you have an allergy, please speak to a member of staff at the time of ordering to let us know your dietary requirements.

Most dishes can be made gluten-free.

Because our food is freshly prepared in our kitchen, we are unable to guarantee it is totally free from allergens.

coffee

SHORT		
ESPRESSO	2.20	• 2.50
MACCHIATO	2.40	• 2.70
CORTADO	3.20	

BLACK		
AMERICANO	2.55	• 2.85
LONG BLACK	2.85	
GUEST FILTER	2.65	• 2.95

WHITE		
LATTE	3.20	• 3.50
CAPPUCCINO	3.20	• 3.50
FLAT WHITE	3.40	
MOCHA	3.40	• 3.70

DIRTY CHAI	3.90	• 4.20
With Almond milk		

ICED COFFEE		
ICED LATTE	3.55	
ICED MOCHA	3.85	
COLD BREW	3.85	

tea & hot drinks

TEA		
TEA BY HOOGLY	2.20	
FRESH MINT TEA	2.20	
MATCHA GREEN TEA	2.95	

HOMEMADE CHAI LATTE	3.65	
With Almond milk		

ORGANIC TURMERIC LATTE	3.45	
With Coconut milk		

ORGANIC MATCHA FLAT WHITE	3.45	
With Coconut milk		

HOT CHOCOLATE		
Also available as vegan		
HOT CHOCOLATE	2.80	3.10
KIDS CHOCOLATE	2.30	

PLANT BASED MILK OPTIONS

organic bonsoy • oatly barista
almond • coconut

Our dairy milk comes from
Downsview farm, Lewes

cold drinks

COCA COLA	3.25	
DIET COKE	3.25	
GINGER BEER	3.25	
HOLOS KOMBUCHA CITRA HOPS	4.00	
Brewed in Washington, Sussex		

ICED STRAWBERRY MATCHA	4.00	
PEACH ICED TEA	3.50	
Choose sparkling or still		
HOMEMADE LEMONADE	3.50	
Choose sparkling or still		
ICED CHAI	4.00	
With Almond milk		

WATER		
SPARKLING WATER 75CL	1.50	
Filtered and carbonated on-site		

Orange 5

Apple 5

Carrot, ginger, apple & turmeric 5.50

SHOTS

Ginger & apple shot 3

fresh juices

ALL JUICED HERE BY US :)

BEER

DRAFT		
ABYSS BREWERY		
SUPER PALE (HAZY PALE) 4.4 %....	2/3 5.00	PINT 6.80

CANS & BOTTLES (440ML)		
ABYSS BREWERY		
DANK MARVIN (HAZY JUICY IPA) [gf]	5.8 %.....	6.50
GONZO (PILSNER) [gf]	4.6 %.....	6.50

BROOKLYN BREWERY		
SPECIAL EFFECTS 0.4%.....		4.00

WINE

WHITE		
WEINGUT TESCH RIESLING QUEEN OF WHITES [vegan]		
Pale yellow in colour Rich, with notes of acacia, honey and lime on the nose On the palate it possess amazing concentration of fruit balanced by fine minerality and crisp acidity 12.5%		
175ML	6.25	CARAFE 16 BOTTLE 23

RED		
RIOJA CRIANZA RAMON BILBAO [vegan]		
Notes of black fruit and fresh red berries, sweet, spicy aromas of vanilla, cumin, pastries and nuances of wild herbs. A fresh, intense mouth-feel with good acidity and ripe tannins. It is a really well balanced, harmonious wine. 14.0%.		
175ML	6.25	CARAFE 16 BOTTLE 23

SPARKLING		
PERE DIVINA CAVA VENTURA [vegan]		
Fresh and intense, this Cava has beautiful notes of green, crunchy apple, honeycomb and a refreshing acidity. 11.5%		
125ML	6	BOTTLE 25

ALCOHOLIC DRINKS AVAILABLE FROM 10AM

*125ml wine available on request



check out our specials

Look out for our specials menu with seasonal dishes and drinks

shakes & smoothies

COFFEE FRAPPÉ	6	
COOKIES & CREAM	6	
Vanilla frappe with Oreo and whipped cream		
BANANA BISCOFF CREAM	6	
Banana, milk, Biscoff crumb, topped with whipped cream		
MANGO LASSI	5	
Passion fruit, mango, yoghurt and milk		
BERRY GO ROUND	5	
Strawberry, Blackberry, Raspberry		
PASH 'N´ SHOOT	5	
Mango, Pineapple, Passion fruit		
KALE KICK	5	
Mango, Spinach, Kale		