

# FYR

## BREAKFAST & BRUNCH

Served till 11.30am

**Freshly baked croissants** 593kcal **£4.50**

Tiptree jam preserves

**Greek yoghurt** 219kcal **£4.50**

mango and pineapple fruit compote, oven baked granola

**Breakfast bap** 717kcal **£9.50**

with sausage, bacon and fried egg

**Eggs Benedict** 600kcal **£10.50**

poached eggs, ham and fresh hollandaise

**Eggs Florentine** 458kcal **£9.50**

poached eggs, spinach and fresh hollandaise

**Eggs Royale** 532kcal **£11.50**

poached eggs, smoked salmon and fresh hollandaise

**Smashed avocado on toast** 410kcal **£9.50**

with poached eggs

## SANDWICHES

Served from 11.30am. All served with your choice of bread - thick cut white or granary with mixed leaf salad and Kettle crisps.

**Honey roast gammon** 596kcal **£9.75**

piccalilli, Hampshire watercress

**New York deli** 512kcal **£10.50**

beef pastrami, pickle, emmental cheese, horseradish mayonnaise

**Coronation chicken salad** 674kcal **£9.75**

**Sussex charmer cheddar cheese** 774kcal **£10.50**

real ale chutney

**Classic egg mayo** 525kcal **£9.75**

wholegrain mustard, Hampshire watercress

Upgrade your crisps to skinny fries for £3 +274kcal

## LIGHT BITES & STARTERS

Served from 11.30am

**Garlic stuffed olives** 106kcal **£6**

with lemon and parsley

**Tempura king prawns** 342kcal **£11**

sweet chilli dip, grilled lime

**Smoked salmon pâté** 292kcal **£6**

lemon and rosemary crackers

**Homemade soup** 530kcal average **£7.50**

warm crusty roll, sea salted butter

**Hay smoked burrata** 382kcal **£9**

panzanella salad

## MAIN COURSE

Served from 11.30am – 9pm

### Braised brisket *1238kcal* £18

pickled cabbage slaw, ciabatta bun, saffron aioli, sea salted fries

### Salmon Caesar salad *496kcal* £21

pancetta, croutons, anchovies, gem lettuce

### Dressed Cornish brown crab salad *466kcal* £32

Solent marie rose sauce

### Solent club sandwich *668kcal* £18

marinated chicken breast, avocado mayonnaise, bacon, lettuce, beef tomato, sea salted fries  
choice of white or granary loaf

### Thwaites beer battered fish and chips *1260kcal* £19.50

crushed peas, tartar sauce

### Hand pressed beef burger *1199kcal* £18.75

sourdough bun, gem lettuce, beef tomato, applewood smoked cheddar  
served with tomato relish and skin on fries  
with streaky bacon *1439kcal* £19.25

### Moving Mountains vegan burger *906kcal* £18

sourdough bun, gem lettuce, beef tomato, applewood smoked cheddar  
served with tomato relish and skin on fries

### Black garlic gnocchi *553kcal* £20

sautéed wild mushroom, hazelnut, Hampshire watercress

## DESSERTS

### Selection of three petit fours *424kcal average* £6

### Grilled fruit tart *704kcal* £9

set custard, citrus mascarpone cream

### Sticky toffee pudding *872kcal* £8.50

butterscotch sauce, vanilla ice cream

### Seasonal fruit crumble *485kcal average* £9

vanilla ice cream

### Cheeseboard from our selection of locally sourced cheeses

per cheese £7 3 cheeses £18

served with stone fruit jam, grapes, toasted charcoal baguette and artisan crackers *460kcal*  
tunworth *157kcal*, barkham blue *304kcal*, Sussex charmer cheddar *307kcal*

### Jude's ice creams and sorbets *274kcal average scoop*

per scoop £3 3 scoops £8.25

please ask for our flavours

## AFTERNOON TEA

Served from 2pm – 5pm

### Homemade scones *1102kcal* £7.50

with jam and clotted cream

### Cream tea £12.50

homemade scones, jam and clotted cream and your choice of tea and coffee

### Full afternoon tea *1379kcal per person* £29 per person

a selection of homemade scones with jam and clotted cream,  
cakes, fancies and artisan sandwiches