

Little Seeds Daytime Menu

Brunch

Toasted Teacake 2.50

Porridge Oats with Jam or Honey 3.50

Homemade Granola with fruit compote & organic yogurt (V) 4.50

Half Seed- one poached egg, one bacon, one sausage, tomato, black pudding and beans with multi-seed/sourdough toast 6.95

Smashed Avocado & Two Poached Eggs (V)– on toasted multi-seed bloomer 7.50

Full Veggie (V)- two poached eggs, halloumi, spinach, smashed avocado, tomato, mushroom with beans & toasted multi-seed/sourdough 8.95

Open Focaccia Sandwiches

All served on homemade toasted focaccia with garden salad

Goats cheese & Red peppers (V) 7.95

Smoked Salmon with horseradish mayo 7.95

Flat Iron Steak with red onion gravy 8.95

(Add seasoned chips for 2.00)

Sharing Boards

Camembert Sharing Board – whole baked camembert with toasted sourdough & caramelised onion chutney 11.95

Meat Sharing Board – local roast ham, homemade pork & apple sausage roll, scotch egg with piccalilli & pickled onions 13.95

Fish Sharing Board – Smoked Salmon, crispy whitebait with lime mayo, prawn cocktail & mussels in a garlic butter 14.95

Little Seeds Favourites

Soup of the Season - topped with rosemary croutons, drizzled with herb oil, served with toasted sourdough 4.50

Crab-cakes - with seasoned chips & lime mayo 6.95

Seed Burger – Handcrafted beef pattie, lettuce, tomato & gherkin with seasoned chips 9.95

Spiced Falafel Burger – with minted yoghurt, sliced tomato & gem lettuce served with sweet potato fries 9.95

Superfood Salad- tender stem broccoli, radish, avocado, spinach, quinoa with puffed wild rice & seeds, crispy kale & finished with chilli dressing 11.95

Buttermilk Fried Chicken - served with chips, slaw, BBQ sauce and hot mayo 10.95

Coffee/Tea

Americano – 2.45

Latte – 2.70

Cappuccino – 2.70

Flat White – 2.55

Mocha – 2.80

Hot Chocolate – 2.70

Breakfast Tea – 2.50

Flavoured Tea – Earl Grey, Green tea, Spiced Citrus, Lemongrass & ginger, Whole Peppermint, Mango Tango – 2.50