

# Sea Folk Food

## LUNCH UNTIL - 4 PM -

Stone Baked Flatbreads £8.50

### Sweet & Spicy

Mozzarella, Nduja spicy sausage,  
Red peppers, Hot Honey

### Greek (V)

Feta Cheese, Black Olives, Red  
onion, Rocket, Balsamic Glaze

### Forest Floor

Mozzarella, Oyster Mushrooms,  
Pesto Dressing

Hearty Noodle Soup £14.00

### Glazed Chicken Tonkotsu

Tonkotsu Bone Broth, Soy & Maple Glazed  
Chicken Thigh, House Tare Sauce, Udon  
Noodles, Enoki Mushrooms Bamboo Shoots,  
Spring Onions

### The Shroomy (V/ VE)

Vegetable Broth, Marinated Mushroom Mix,  
Enoki Mushrooms, House Tare, Udon Noodles,  
Bamboo Shoots,

## BRUNCH UNTIL - 1 PM -

Breakfast Flatbreads £12.00

Avocado, Poached Eggs,  
Grilled Tomatoes (V)

Bacon, Fried Eggs, Grilled  
Tomatoes

Halloumi, Poached Eggs,  
Chilli Jam (V)

### Fancy a little extra?

Bacon £3.00

Halloumi £2.50

Tomatoes £2.00

Eggs £2.50

## EVENING FOOD

Paninis £7.50

Red pepper  
&  
Mozzarella

Nduja  
&  
Mozzarella

Mushroom  
&  
Pesto

Bacon  
&  
Halloumi

## SWEET TREATS

Chocolate Chip Cookie £4.00

Vegan Dark Chocolate Cookie £4.00

Cinnamon Swirl £4.50

Protein Balls £3.85

Tribe Brownies £3.85

Tyrells Crisps £2.50

Gluten free & Vegan options available  
Please inform our staff of any allergies, dietary  
requirements or preferences, Full allergen  
information is available upon request

## ICE CREAM

Northern Bloc £4.25

Ginger Caramel

Salted Caramel

Vanilla

Double Chocolate

Mango & Passionfruit Sorbet

Sicilian Lemon Sorbet

Children's Choc / Strawb £3.85

Dog Ice Cream £3.85



# Sea Folk Drinks

## COFFEE

Espresso   Long Black   Americano	£3.80
Cortado   Flat White Latte   Cappuccino	£4.00
Iced Latte	£4.20
Hot Chocolate Hot   Iced	£3.50   £4.00
Matcha Latte   Iced	£4.00
Chai Latte   Iced	£4.00
<b>Shots</b> Vanilla   Caramel	50p
Maple Syrup	£1.00
CBD	£1.00
Spirits	Prices Vary

## TEA

Good & Proper <b>Caffeinated -</b> Breakfast Brew   Earl Grey Jade Tips	£3.00
<b>Herbal -</b> Chamomile   Lemon Grass Peppermint Rooibos	

## BEER

Orion	£6.00
Japanese Lager	£3.50 half
Hepcat - Session Pale Ale	£6.00 £3.50 half

## CANS

Kentish Pip High diver Balfour Fruit Cider Dark beer - Guinness	£5.50
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## Non Alcoholic Beer

Lucky saint Hep Cat AF 0% Guinness	£5.00
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## WINE

Chapel Down English	Glass £12 Bottle £55
Prosecco	Glass £6.50 Bottle £24.50

## SOFT DRINKS

Momo Kombucha	£5.00
Ginger & Lemon   Elderflower Turmeric   Raspberry Hibiscus	
<b>Spring Water</b> Marlish	£1.50
Still   Sparkling   Raspberry	
Vichy Catalan Sparkling	£4.50

## Juicy Pedlar Fresh Cold pressed Juices

Balance <i>Cucumber, Courgette, Celery Apple, Spinach, Lemon, Ginger</i>	£5.85
Power <i>Beetroot, Carrot, Spinach, Red Pepper, Cucumber, Apple, Lemon, Ginger</i>	
Defense <i>Carrot, Pineapple, Ginger, Turmeric, Lemon</i>	
Ginger Shot	£3.00

Coconut Water	£3.00
<b>Trip CBD</b> Peach & Ginger Elderflower & Mint	£4.00
Karma Soft Drinks Cola   Diet-Cola Lemonade   Orangeade	£3.00

## MOTH CANNED COCKTAIL

Margarita   Espresso Martini   Mojito Pina Colada   Passion Fruit Martini	£8.85
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## SPIRITS

Vodka - Reyka	25ml £5   50ml £9
Tequila - Cazcabel	25ml £5   50ml £9
Mezcal - Verde	25ml £6   50ml £10
Gin - Beefeater	25ml £4.5   50ml £8
Baileys	25ml £4   50ml £7
Orange Curacao	25ml £5   50ml £8
Fever Tree Tonic / Soda / Ginger beer	£3.00