

Breakfast

Fresh fruit, honey and yoghurt	£5.95
Toast and preserves	£2.95
Flaky baked croissant with butter and preserves	£3.20
Waffles – drizzled with either maple, honey or chocolate sauce	£4.95

Munch eggs – all our eggs are free range

Scrambled eggs on toast	£6.50
Smoked salmon and scrambled eggs on a muffin	£9.50
Eggs benedict – home baked ham with poached eggs served on a toasted muffin with hollandaise sauce	£9.50
Eggs florentine – spinach with poached eggs served on a toasted muffin with hollandaise sauce	£9.25
Eggs royal – smoked salmon with poached eggs served on a toasted muffin with hollandaise sauce	£9.80
Two poached eggs and avocado served on a toasted muffin	£8.65

The Munch breakfast

Free range eggs, Sussex sausage and bacon, mushrooms, Heinz baked beans and tomatoes, served with toast	£9.95
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The Munch veggie breakfast

Free range eggs, veggie sausage, mushrooms, tomato chutney, hash browns and spinach, served with toast	£9.95
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Breakfast bap

Bacon, sausage and free range fried egg	£7.30
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Breakfast sandwiches

Sausage or bacon	£6.50
Garlic mushrooms, feta or halloumi on toasted ciabatta	£6.45

Mains

Homemade soup of the day	£4.95
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Burgers served with chips and salad*

Cajun chicken burger	£9.35
Chicken, beef or veggie burger	£9.35

Jackets – choose your filling

2 fillings £7.30	4 fillings £8.20	Extra fillings 50p
Cheese • mushroom • ham • bacon • chicken • avocado • grilled veg • houmous • brie • beans • coleslaw • chilli con carne • coronation chicken		

Omelettes served with chips and salad – choose your filling*

2 fillings £7.45	4 fillings £8.35	Extra fillings 50p
Cheese • ham • bacon • chicken • avocado • grilled veg • tomato • onion • mushroom		

Plain omelette	£5.10
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**Swap your chips for*

Sweet potato or Halloumi fries	add £1.50
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Kids

½ jacket potato or chips, chicken goujon and sweet corn	£4.25
Baked beans on toast	£3.10
Sausage, chips and beans	£4.25
Fish fingers, chips and beans	£3.95
Scrambled egg on toast and beans	£4.10
Sandwiches – choose from the fillings opposite and we'll serve half the portion for half the price	

Sides

Chips, sweet potato fries or wedges	£3.80
Halloumi fries	£5.25
Mixed leaf salad and homemade dressing	£2.40
Homemade coleslaw	£1.95
Sauté garlic mushrooms	£2.50
Onion rings	£2.90

Sandwiches

Panini, wrap, toasted ciabatta, baguette and toasted sandwiches	add 50p
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Munch Stack: Chicken, bacon, cheddar and Munch chutney	£7.25
BLT classic	£5.90
Roast chicken, bacon and avocado	£5.95
Roast chicken, avocado and basil	£5.95
Cajun chicken and lemon mayonnaise	£5.50
Coronation chicken	£5.50
Bacon, brie and rocket or cranberry	£5.95
Home baked ham and salad	£5.50
Extra mature cheddar, tomato and ham	£5.85
Minute steak with fried onions	£6.50
Tuna, sweet corn and mayonnaise	£5.45
King prawn and marie rose sauce	£6.95
Smoked salmon and herb cream cheese	£6.95
Avocado, mozzarella, sundried tomatoes and basil	£5.95
Chargrilled veg, houmous, sundried tomatoes and baby spinach	£5.80
Extra mature cheddar and Munch chutney	£5.45
Avocado, rocket, mozzarella and chutney	£5.80
Egg mayonnaise and cress	£4.95

Salads

Roast chicken and bacon	£9.10
Halloumi or feta with olives	£8.50
Mozzarella, sundried tomatoes and avocado	£8.95
Tuna Nicoise	£8.50
King prawn, smoked salmon and avocado	£12.25
Smoked salmon, feta and avocado	£11.25

