

# *The Spring Café*

## **BREAKFAST**

Our breakfast options are served all day.

Add extra egg, beans, tomato or mushroom for 50p

Add extra sausage, bacon, avocado or halloumi to any dish for £1

**Bacon or sausage sandwich (Gf) £3.50**

**Breakfast Baguette £5.50**

Bacon, Sausage, Egg and Mushrooms

**Large Breakfast (Gf) £6.50**

2 bacon rashers, 2 Treagust sausages, 2 fried eggs, beans, tomato, mushrooms and 2 slices of toast

**Small Breakfast (Gf) £5.00**

1 bacon rasher, 1 Treagust sausage, 1 fried egg, beans and 1 slice of toast

**Vegetarian Breakfast (Gf) £5.40**

Grilled halloumi, tomato, mushroom, 1 fried egg, beans and 1 slice of toast

**Avocado on toast (Gf, Ve) £5.00**

Served with chilli flakes or seeds

**Eggs on toast (Scrambled, poached or fried) (Gf) £3.50**

**Toast and jam (Gf) £2.00**

Served with Charlotte Brown's homemade jam or marmalade, or honey from Hayling Island

**Gf = gluten free option available**

Our gluten free dishes are all made with gluten free ingredients; and we are careful to minimize the risk of cross contamination. However, we cannot eliminate the possibility of cross contamination so cannot guarantee food to be 100% gluten free.

**Ve = vegan option available**

If you have any dietary requirements please let the café staff know, full allergen information for all of our dishes are kept in the café and our staff will be happy to help.

# *The Spring Café*

## **LUNCH**

**All of our fillings can be served as a sandwich on white, brown or gluten free bread, baguette or wrap**

Served with crisps and a salad garnish

- Avocado and tomato salsa, with hummus (Ve) or mozzarella **£6.25**
- Brie and cranberry **£5.00**  
Add bacon for £1
- Cheese and Charlotte Brown's apple chutney (Ve) **£5.80**
- Ham and Charlotte Brown's fig and pear chutney **£5.20**
- Tuna Mayonnaise and cucumber **£5.20**
- Egg mayonnaise and cress **£4.00**
- Brie and grape **£5.50**
- Goats cheese, beetroot and pine nuts **£6.30**
- BLT **£5.60**

Coleslaw or additional salad garnish can be added at 50p each

### **Jacket Potatoes (Gf)**

Served with a side salad and coleslaw

Served with your choice of the below – or any of the fillings above

- Tuna mayonnaise **£5.50**
- Cheese and beans (Ve) **£5.25**
- Brie and bacon **£6.00**

### **Homemade Sausage Roll**

**£2.50**

Can be served individually to eat in or take away

Or add salad, coleslaw or beans for 50p each

### **Homemade Soup**

**£4.30/5.50**

Served with your choice of white or brown bread

**(Small/Large)**

### **Cup of Soup with Half a Sandwich**

**£4.50**

Please see the board for our freshly made soup of the day

## LUNCH

<b>Rarebit</b>	<b>£3.70</b>
Slice of toast with homemade rarebit sauce, flavoured with mustard and ale, And served with a salad garnish	
<b>Ploughmans</b>	<b>£9.00</b>
Half a baguette, 2 cheeses, cornichons, piccalilli and garnish	
<b>Antipasti</b>	<b>£9.75</b>
Selection of 3 cured meats, olives, bread sticks, half a baguette and cornichons	
<b>Dip sharing platter (Ve)</b>	<b>£7.25</b>
Crudités, breadsticks and sliced baguette with a trio of dips	

## Salads

<b>Tuna Nicoisse</b> , with egg, olives and green beans (Gf)	<b>£7.60</b>
<b>Puy Lentil and Goats Cheese</b> , with beetroot (Gf, Ve)	<b>£7.50</b>
<b>Couscous with Roasted Vegetables</b> (Ve)	<b>£4.90</b>
<b>Greek salad</b> , with feta and olives (Gf)	<b>£5.25</b>

## Children's Menu

<b>Scrambled Egg on Toast</b>	<b>£2.00</b>
<b>Beans on Toast</b>	<b>£2.00</b>
<b>Lunchbox</b>	<b>£4.00</b>
Half a sandwich, crisps, cake bar, cherry tomatoes and a carton of drink	
<b>Sausage Roll with Beans</b>	<b>£3.00</b>
<b>Sausage Roll with Veg Sticks</b>	<b>£3.00</b>
<b>Veg Sticks with Hummus</b>	<b>£2.25</b>

**We have a selection of kid's cartons, including fruit juice and milkshakes  
behind the bar –  
all £1.**

# *Day trip to the seaside?*

## *Picnic in the park?*

*Pre order one of our delicious picnics so you can relax and enjoy your day!*

*Picnics must be ordered 48 hours in advance, by calling 02392 249065 or e-mailing [corinnew@thespring.co.uk](mailto:corinnew@thespring.co.uk)*

### *Deluxe Day Tripper Picnic - £12.50 pp*

- Choose from one of our sandwich, baguette or wrap options*
- Homemade sausage or cheese and onion roll*
- Veg sticks with homemade hummus*
- Packet of Burts Crisps*
- Portion of fruit*
- Homemade traybake*
- Can of soft drink*

*Takeaway our children's lunchboxes for £4 and feed the whole family.*

### *Light Lunch Meal Deal - £6.50 pp*

- Choose from one of our sandwich, baguette or wrap options*
- Packet of Burts Crisps*
- Can of soft drink*

*Celebrate Summer in style and upgrade to a mini bottle of Prosecco with your picnic for just £4.*