	SUMMER MENU 2025	VEGETARIAN	VEGAN	DAIRY FREE	GLUTEN FREE	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULFUR DIOXIDE
STARTERS	Seasonal soup of the day, artisan bread, South Downs butter	✓				ASK A MEMBER OF STAFF FOR THE DAILY SOUP ALLERGEN INFORMATION													
	Sourdough ficelles, basil butter	✓					X					X							
	Vegan green bean, pea, soya bean, shaved radish & sugar snap salad, toasted hazelnuts, crispy shallots, lemon balm, mint oil	✓	✓	✓			X								X			X	
	Ham, cheese & chive croquettes, wholegrain mustard crème fraiche, pickled onion, spring onion, mustard cress salad						X		X			X		X					X
	Orange, feta, quinoa & chickpea salad, fresh mint, parsley & land cress leaves, smoked paprika dressing	✓			✓							X							
	Seared scallops, lemon cauliflower rice, fennel saucisson, red wine syrup				✓							X	X						X
	Bloody Mary cured salmon, pickled cucumber & shiso cress salad, whipped Worcestershire butter , kibbutz bread						X			X		X		X					
	Avocado, chilli, crab & crayfish crumpet, hot honey, benito flakes						X	X		X		X							
	Heirloom tomato & triple shallot salad, chilli, lime, shavings of Moons Green Filetto pork tenderloin, Vietnamese mint, dressing, crispy pitta			✓			X			X							X		
MAIN COURSES	Vegan south Asian spiced cauliflower, yellow lentil spinach puff pastry rolls, pickled mango & coconut dressing, coriander cress	✓	✓	✓			X							X				X	
	Pan seared, tarragon crusted hake, crushed new potato & spinach cake, caraway, cider & samphire sauce, crispy capers						X			X		X							
	Corn chip chicken breast, smashed avocado, bacon, butterbean & parsley salad, comeback sauce						X		X	X		X		X					
	Rib eye steak with nduja butterbean hash, rocket, sun blushed tomato salad, charcoal bone marrow				✓							X							X
	Chorizo salt & pepper squid, white bean & fennel hummus, parsley, artichoke & apple salad						X					X	X				X	X	X

	SUMMER MENU 2025	VEGETARIAN	VEGAN	DAIRY FREE	GLUTEN FREE	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULFUR DIOXIDE
MAIN COURSE CONTINUED	Green eggs & ham: baked eggs, parma ham, salsa verde, dukkah & sunflower seed, courgettes, rocket cress				✓				X	X				X	X				X
	Sumac lamb cannon, baby spinach & cumin chickpeas, roasted aubergine, harissa yoghurt				✓							X							
	Homemade TMH beef burger, smoked bacon, cheese, skinny fries, mayo, tomato chutney						X		X			X		X					X
	Chargrilled chicken thigh & bacon burger, baby gem, tomato, mayo & skinny fries						X		X			X		X					X
	Halloumi burger with baby gem, field mushroom, chimichurri & skinny fries	✓					X		X			X					X		
	Bitter beer-battered cod, skinny fries, minted pea puree, charred lemon, lemon-thyme tartare sauce			✓			X		X	X									
	Vegan spriralised beetroot & carrot tartine, cumin hummus, Nigella seeds, coriander & lemon zest	✓	✓	✓			X										X		
PUDDING	Vegan oat milk & vanilla pannacotta, lychee, raspberry & mint salad	✓	✓	✓	✓														
	Mocha mousse with dark chocolate ice cream, berry dust	✓					X		X			X							
	Banana French toast, coconut ice cream, spiced rum syrup	✓					X		X			X							
	Limoncello, summer berry & custard trifle, toasted honeyed nuts, vanilla cream	✓					X		X			X			X				
	Grapefruit & marmalade polenta loaf, ginger crumbs, raspberry sorbet	✓					X		X			X							
	Negroni jelly, sugared peel, orange ice cream	✓							X			X							
	Seasonal local “Simply” ice cream	✓					X		X			X							
	Seasonal sorbets	✓		✓			X											X	
	Selection of local cheeses, buttermilk, wheat & charcoal biscuits, dried fruit, apple cider chutney	✓					X					X			X				X

	SUMMER MENU 2025	VEGETARIAN	VEGAN	DAIRY FREE	GLUTEN FREE	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULFUR DIOXIDE
	TMH GOLD TOP CHEESE BOARD, Three cheeses, frozen grapes, dried fruit & nut mix, buttermilk, wheat & charcoal crackers & a shot of port	✓					X					X			X				X
CHILDREN MAINS	Battered mini fish & chips, garden peas			✓			X		X	X									
	Mini cheeseburger, chips, Tommy K						X		X			X							
	Corn chip chicken, spinach, bacon & butter beans						X		X										
	Cheese, tomato & crispy onion crumpet, baby spinach						X					X							
PUDDINGS	Sugared waffle, strawberry ice cream, chocolate sauce	✓					X		X			X							
	Banana French toast, honey & Chantilly cream	✓					X		X			X							
	Simply ice cream pots: Sublime strawberry, Divine chocolate, Dreamy vanilla, Heavenly honeycomb	✓			✓							X							
	Pip organic berry ice lolly	✓	✓	✓	✓														

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SIDES	Artisan bread & butter	✓					X					X							
	Lemon wilted baby spinach	✓	✓	✓	✓														
	Landress & sun blushed tomato salad	✓	✓	✓	✓														
	Bacon & butterbeans			✓	✓														X
	Minted peas	✓	✓	✓	✓														
	Skinny fries	✓	✓	✓	✓														
	Chunky fries	✓	✓	✓	✓														
	Sweet potato fries	✓	✓	✓	✓														
GRAZING MENU	Sourdough ficelles, smoked herb butter	✓					X					X							
	Panko prawns, wasabi mayo						X	X	X										
	Vegetable samosa, mango chutney	✓	✓	✓			X		X					X				X	
	Cauliflower bites, lemon crème fraiche	✓					X					X							
	Chicken gyozas, sweet chilli & coriander				✓	X												X	
	Baby bangers, smoked tomato sauce			✓		X	X							X					
	Perello picante jumbo olives	✓	✓	✓	✓														
	Skinny fries	✓	✓	✓	✓														
	Chunky fries	✓	✓	✓	✓														
	Sweet potato fries	✓	✓	✓	✓														