

\*A finest selection of Italian pitted gourmet olives marinated in sundried tomato 4

\*Organic bread selection of artisan sourdough, rye & brown bread, served with French butter 3

## STARTERS

**SOUP OF THE DAY** O V VE AGF 6  
Freshly made soup using organic vegetables. Served with fresh bread

**CALAMARI E ZUCCHINI** P GF 8  
Fresh chilli salted pepper calamari squid, deep fried with organic zucchini & Japanese style mayonnaise

**RISOTTINO AI FUNGHI** O V GF 9  
A light baby risotto, wild mushroom, tarragon, parmesan,, butternut squash velouté

**SUSSEX PLATEAU** AGF 9  
A gourmet selection of Sussex salami, ham & cheeses, artisan organic bread, butter & hummus

**AUBERGINE FRITTERS** O V VE GF D 7  
A beautiful dish of organic aubergine fritters finished with maple syrup and hemp seeds, salad leaves, hummus

**ORGANIC SATAY** O GF VE V D 7  
Roasted peanuts, ginger, lemongrass & chilli relish – With either crispy organic Tofu & Aubergines or Organic Chicken

**RED CAULIFLOWER** GF O VE V D 7  
Spicy garlic & chilli marinated roasted organic cauliflowers, seeds and crispy kale

**CRAB & LOBSTER RAVIOLI** P 8  
Fresh crab and lobster ravioli, cherry tomato, garlic & basil sauce, Rocket salad

## MAINS

**POULET AUX CHAMPIGNONS** O GF 16  
Organic chicken cooked in a delicate creamy wild mushroom sauce, mustard and tarragon, served with potato dauphinoise

**TAGLIATELLE AFFUMICATE** O AGF P 13  
Organic fresh tagliatelle pasta, crayfish baby lobster tails, fresh cured salmon, cream, cherry tomato & smoked paprika

**CONFIT DE CANARD** O GF 16  
Fine roasted leg of duck confit from Eversfield farm in Devon, honey & Morello cherry sauce, potato dauphinoise

**GARLIC & GINGER DELIGHT** GF VE V D 16  
A delightful caramelised ginger, red chilli & garlic sauce, slowly cooked for a few hours, sautéed purple potatoes, organic farm vegetables

- Organic Chicken  
- Wild Seabass fillet  
- Organic Crispy Tofu (Tofu £13)

**ROASTED TUNA** GF 17  
Fresh tuna steak cooked medium rare, roasted butternut squash, beets pure, sautéed purple potato

**RAVIOLI ZUCCA & ZUCCHINI** AGF O V 12  
Fresh butternut ravioli pasta, butternut squash and sage sauce, zucchini and pecorino cheese

**ENTRECÔTE BIO** O GF D 21  
Naturally matured for 28-days organic (grass fed) 10oz prime rib-eye steak, fries & salad. Extra gorgonzola cheese, ginger & garlic sauce, mushroom sauce-£1

**ORGANIC HOT BUDDHA BOWL** V VE GF O D 13  
Our signature dish of organic steamed **basmati** or **black venere** rice topped with organic vegetables. Choose a sauce between **Gochujang spicy** red chilli pepper sauce or **Light spicy coconut & chilli-garlic** sauce.

- With organic crispy marinated Tofu, £14  
- With marinated organic Chicken, £15  
- With wild Seabass fillet, £17  
- With organic fried Egg, add £1

## ASK FOR TODAY SPECIALS

### SIDE ORDERS - £3

Fries - Organic venere black rice - Spring mixed salad - Creamy dauphinoise potato - Organic zucchini fritti - Organic farm green vegetables

## ORGANIC BURGERS

Our burgers are made using 100% organic ingredients. We serve them in a seeded artisan brioche bun with organic fries and salad on the side. We even offer a **complimentary** extra matured cheese or streaky bacon. Just ask your waiter. Gluten Free buns also available.

<b>GOURMET BURGER</b>	AGF O	<b>14</b>	<b>GORGONZOLA BURGER</b>	AGF O	<b>14</b>
<i>8oz prime organic beef fillet, sautéed onions, heritage tomato, smoked black pepper mayonnaise, salad leaves</i>			<i>8oz prime organic beef fillet, gorgonzola blue cheese, sautéed onions, tomato, smoked black pepper mayonnaise, salad leaves</i>		
<b>PURPLE BURGER</b>	AGF V VE* O	<b>12</b>	<b>CHICKEN BURGER</b>	AGF O	<b>13</b>
<i>Organic purple sweet potato and aubergine patty, heritage tomato, sautéed onions, smoked black pepper vegan mayonnaise, salad leaves</i>			<i>Tender organic marinated chicken, sautéed onions, tomato, smoked black pepper mayonnaise, salad leaves</i>		

## SALADS

<b>BUDDHA BOWL SALAD</b>	V VE GF O	<b>10</b>	<b>AVOCADO &amp; FALAFEL</b>	AGF V VE O	<b>9</b>
<i>Organic roast sweet potato, aubergine, courgette, green lentils, avocado, baby spinach, baby leaves, alfalfa sprouts and hummus</i>			<i>Organic baby leaves salad, avocado, cucumber, hemp seeds, falafel, cherry tomato, alfalfa sprouts, light dressing</i>		
<i>Extra Caramelised Halloumi Cheese <b>and/or</b> Marinated Chicken £2</i>			<i>Extra Caramelised Halloumi Cheese <b>and/or</b> Marinated Chicken £2</i>		

## DESSERTS

<b>ESPRESSO MARTINI</b>	GF O VE V	<b>8</b>	<b>VEGAN BLUBERRY CHEESECAKE</b>	GF VE V O	<b>7</b>
<i>Espresso martini cocktails made with our organic coffee and coffee liquor</i>			<i>Organic lemon and blueberries cheesecake, using cashew nuts &amp; gluten free digestive biscuits</i>		
<b>APPLE TARTE</b>	V	<b>6</b>	<b>GELATO WAFFLE</b>	V	<b>7</b>
<i>Warm French thin rustic apple tarte, served with artisan vanilla gelato</i>			<i>Belgian style waffle, Nutella chocolate, pistachio &amp; coconut gelato, banana</i>		
<b>MATCHA &amp; AVOCADO TIRAMISU POT</b>	V	<b>7</b>	<b>MELTING MOMENT</b>	V GF	<b>8</b>
<i>A delicious mascarpone, matcha and avocado cream, savoiardi biscuits and organic coffee tiramisu</i>			<i>Chocolate fondant with melting Belgian chocolate, pistachio gelato</i>		
<b>PLATEAU DE FROMAGE</b>	V AGF	<b>9</b>	<b>LIQUOR COFFEE</b>	V GF	<b>7</b>
<i>Selection of fine cheeses (from local farms), chutney, fruit &amp; crackers</i>			<i>Irish, Baileys or Tia Maria coffee, using our organic coffee blend and topped with fresh cream</i>		

O - ORGANIC    V - VEGETARIAN    VE - VEGAN    GF - GLUTEN FREE    P - PISCATARIAN    D - DAIRY FREE  
AGF - ALTERNATIVE GLUTEN FREE, JUST ASK YOUR WAITER

WE CANNOT GUARANTEE THE ABSENCE OF ANY TRACES OF NUTS OR OTHER ALLERGENS. PLEASE ADVISE A MEMBER OF STAFF IF YOU HAVE ANY DIETARY REQUIREMENTS. 10% DISCRETIONARY STAFF SERVICE CHARGE WILL BE ADDED TO YOUR FINAL BILL