



THE FLOUR POT
KITCHEN

BREAKFAST
UNTIL 11:30AM

WE HAVE A WIDE SELECTION OF FRESH PASTRIES BOTH SWEET AND SAVOURY.
PLEASE TALK TO YOUR SERVER ABOUT THE CHOICES AVAILABLE.

SHAQ-BEANS v	8	SCRAMBLED EGGS ON TOAST	7
Smoked tomato mixed bean stew, baked egg and lime zest served with a slice of sourdough. + CHORIZO 2.5		+ Smoked Salmon	3
		+ Bacon	2.5
LOST BREAD v	6	+ Avocado	1.5
French toast with grilled banana, poached blueberries elderflower syrup and creme fraiche. + BACON 2.50		+ Portobello Mushroom	1.5
		+ Hillbilly Beans	1.5
FLOUR POT GRANOLA v/VE	5		
Maple roasted oats, mixed berry compote served with natural yoghurt or almond milk.			
TOAST, JAM & BUTTER v/VE	3.5		

ALL DAY DINING
FROM 12PM

SEE OUR BOARDS FOR TODAY'S SPECIALS!

STARTERS

OLIVES v/VE/CF	3.5
PÂTÉ OF THE DAY	7
See daily specials board	
CONFIT GARLIC BREAD	4.75

KIDS

BREAD & HUMMUS v/VE	4
GARLIC BREAD v/VE	3.5
MOZZARELLA & TOMATO PIZZA v/VE	6
HILLBILLY BEANS ON TOAST v/VE	5

SIDES

MIXED LEAF SALAD v/VE/CF	4
AIOLI POTATOES v/CF	4
Roasted new potatoes in spanish dried peppers, preserved lemon and black cumin with aioli.	
CORN ON THE COB v/VE/CF	5
Buttery corn on the cob with smokey pimentón.	

SOURDOUGH PIZZAS

THE SUNNY GARCIA v	12
Mozzarella, tomato sauce and basil	
THE DUKE	14
Lemon garlic prawns with chilli, crispy capers, rocket, tomato sauce and mozzarella.	
SHANE DORIAN	13
Spec, pecorino and rocket with cherry tomatoes.	
SLATER v/VE	12
Spiced chickpeas with broccoli, cashew cheese, spinach lime pickle onion and our Hillbilly tomato sauce.	
THE J.J.	13
Bacon, spinach, egg, mushroom and tomato with our Hillbilly tomato sauce.	
Gluten free base available for £2	

DESSERTS

CHOCOLATE CAKE v/CF	7
Signature flourless cake served with vanilla ice cream, raspberry sauce and honeycomb.	
ICE CREAM POT v/CF	5
Vanilla ice cream with a topping of your choice: Mini Marshmallows Hokey Pokey Honeycomb Chocolate Sauce Raspberry Sauce	



COCKTAILS

THE SUSSEX MULE

Blackdown Silver Birch Vodka with traditional woody aromas served with Fentimans botanically brewed Cinger Beer and garnished with mint leaves.

9

THE ENGLISH GARDEN

Blackdown Sussex Dry Cin infused with Silver Birch sap, served with Fentiman's Pink Rhubarb tonic water and garnished with a grapefruit slice.

9

THE EASTERN PROMISE

Blackdown Sussex Dry Cin infused with Silver Birch sap, served with Fentimans Oriental Yuzu tonic and garnished with cucumber.

9

SMOKY BLOODY MARY

Classic ingredients with a Flour Pot twist.

7 / 9

DIRTY CHAI MARTINI

Vodka, Kahlúa, espresso, chai.

8.5

APEROL SPRITZ

Bittersweet Aperol topped with refreshing Prosecco & soda. Garnished with an orange.

9

WINES

FLOUR POT WHITE WINE	6 (175ML) 16 (500ML)
FLOUR POT RED WINE	6.5 (175ML) 16 (500ML)
WHITE WINE SPRITZER	5 (125ML)
ROSE RESERVE DE CASSAC	7 (175ML) / 26 (BOTTLE)
CAVA DOMINIO DE THARSYS NV	7 (175ML) / 27 (BOTTLE)
TOURAIN SAUVIGNON GUY ALLION 2017	29 (BOTTLE)
MONBAZILLAC JOUR DE FRUIT DOMAINE DE L'ANCIENNE CURE 2015	6.5 (100ML)

125ml glasses of wine are available on request

BEERS & CIDERS

FREEDOM 4 LAGER 4.2% / 330ML	5
LOST AND GROUNDED KELLER PILS 4.8% / 440ML	6.5
LOST & GROUNDED INDIA PALE LAGER 5.2% / 440ML	6.5
BIG DROP LAGER 0.5% / 330ML	4.75
SILLY MOO CIDER 4.8% / 330ML	5.75

SPIRITS

BLACKDOWN GIN	4 / 8
BLACKDOWN VODKA	4 / 8
REMY MARTIN VSOP	4
APPLETON RUM	3.5

Spirits are served in 25ml & 50ml measures

ICED DRINKS

PEACH ICED TEA	2.8
ICED LATTE	3
COLD BREW	3.5
Single Origin - Peru Albino Tejada Valle de Chocol	
PUNCHY 0% or 4% ABV	3.5 / 4.75
Peach & Cinger Spiced Rum Punch	
Pink Grapefruit & Lime Tequila Punch	

COFFEE & TEA

ESPRESSO	1.8 / 2.1
AMERICANO	2.4
MACCHIATO	1.9 / 2.2
CORTADO	2.4
LONG BLACK	2.3
LATTE	2.8
FLAT WHITE	2.7
CAPPUCCINO	2.9
MOCHA	3
CHAI LATTE	3.2
HOT CHOCOLATE	2.9
PRINCE & SONS TEA	2.5
English Breakfast / Earl Grey / Mint / Green Tea / Chamomile Lemongrass, Lime & Cinger / Vanilla Rooibos / Berries & Cherries	

SOFT DRINKS

LIFE WATER	1.75
Still / Sparkling	
COCA COLA	2.2
Classic / Diet	
FENTIMANS	2.3
Rose Lemonade / Apple & Blackberry Cinger Beer / Elderflower	
	
KOMBUCHA	2.20
Lemon & Cinger / Raspberry Lemonade	
FOLKINGTON'S	2.3
Apple Juice / Orange Juice	
PIP KIDS	1.75
Organic Apple Juice / Organic Pineapple & Mango Smoothie	