

THE FLOUR POT

FIVEWAYS SAMPLE MENU

We use free range Clarence Court (Burford Brown) eggs, our meat is all sourced next door from Barfields Butchers and our bread is freshly made each day at our bakery.

BREAKFAST / BRUNCH (8AM - 3PM)

EGGS ROYALE

Poached eggs with cured gravadlax and hollandaise on a toasted English muffin.

EGGS BENEDICT

Poached eggs with marmalade glazed ham and hollandaise on a toasted English muffin.

EGGS FLORENTINE

Poached eggs with wilted spinach and hollandaise sauce on a toasted English muffin.

EGGS YOUR WAY

Two eggs any style served on buttered sourdough.

CREAMY TOFU SCRAMBLE (VE)

Just like scrambled eggs but totally vegan served on sourdough toast.

KEDGEREE

Smoked haddock and spiced basmati rice topped with a crispy duck egg.

HILLBILLY BEANS ON TOAST

Cannellini beans cooked in a smoky tomato sauce served with sourdough toast.

CREEK YOGHURT BOWL (V)

Creek yoghurt topped with granola, blueberries, banana and Sussex honey.

SPECIALS

WAFFLES WITH BACON & MAPLE SYRUP

WAFFLES WITH CHOCOLATE SAUCE & BANANA

HOT SALT BEEF SANDWICH

CHIA SEED PUDDING (VE)

LUNCH (12PM - 3PM)

ROAST CHICKEN & BACON CAESAR SALAD

Crispy bacon, chicken breast, hard-boiled eggs, anchovies, parmesan croutons and little gem lettuce.

MIXED BEAN & QUINOA SALAD

Edamame beans, black beans, sweetcorn, coriander, spring onion and carrots with a mustard dressing.

TOMATO SALAD & LABNEH ON TOAST

Mixed tomatoes, red onion, coriander, pomegranate molasses and labneh served on sourdough toast.

GARLIC CREAMED MUSHROOMS ON SOURDOUGH TOAST

Button mushrooms, tarragon, chervil, parsley cooked with garlic and cream served on sourdough toast.

SPICED CONFIT CHICKPEAS & SPINACH WITH POACHED EGGS

Slow cooked confit chickpeas, cherry tomatoes and spinach with 2 poached eggs. Add a side of sourdough.

DESSERTS

BLUEBERRY & ALMOND TART

BANANA BREAD FRENCH TOAST

VEGAN HAZELNUT BROWNIE (VE)

BOHO GELATO ICE CREAM