

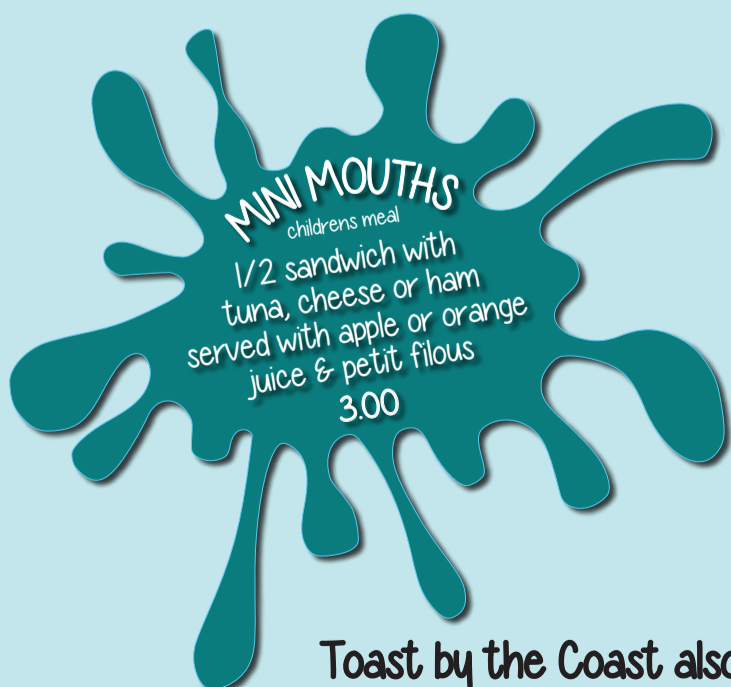
# BREAKFAST

(served daily from 8.00 am - 11.00am and weekends 8.00am 12.00 noon)

<b>Coast Breakfast</b>	<b>7.50</b>
Two rashers of Sussex back bacon, local Cumberland sausage, 2 x free range eggs, scrambled, poached or fried, mushrooms, tomatoes, beans served with toast (granary or white).	
<b>Eggs on toast (V)</b>	<b>4.00</b>
scrambled, poached or fried.	
<b>Make your own breakfast -</b>	
Or Add tomatoes (50p) Mushrooms (50p) Bacon (£1) Sausage (£1.25) Beans (50p) or egg (50p) to the above items	
<b>Mushrooms on toast, bagel or English breakfast muffin (V)</b>	<b>4.00</b>
<b>Bacon sandwich (white or granary)</b>	<b>4.25</b>
<b>Sausage sandwich (white or granary)</b>	<b>4.25</b>
<b>Avocado on toast</b>	<b>4.85</b>
with two rashers of back bacon	
<b>Smoked salmon and scrambled egg</b>	<b>6.00</b>
on toast or bagel	
<b>Smoked salmon and cream cheese on bagel</b>	<b>4.95</b>
<b>Eggs Benedict</b>	<b>6.75</b>
Poached eggs on English breakfast muffin, bacon and Hollandaise	
<b>Eggs Royal</b>	<b>6.95</b>
Poached eggs on English breakfast muffin, smoked salmon and Hollandaise.	
<b>Egg and Bacon on an English muffin</b>	<b>5.00</b>
<b>Cheese on toast</b>	<b>4.50</b>
(two slices served with Sussex chutney)	

# LUNCH

	Eat-In	Take Away
<b>Home made soup of the day</b> (See blackboard)	<b>4.50</b>	<b>4.00</b>
Served with ½ baguette		
<b>Home-made Quiche</b>	<b>6.25</b>	<b>5.25</b>
(Check selection choices at the counter)		
Served with side salad and home made coleslaw		
<b>Baked potato</b> with choice of fillings	<b>5.75</b>	<b>4.65</b>
Tuna mayo, cheese, coleslaw, baked beans. Crayfish mayo (£1.25 supplement) Bacon & cheese (£1 supplement) Sausage & beans (£1 supplement) served with side salad & coleslaw.		



## Pate

Choice of pate served with toast

## Cheese on Toast (V)

Two slices served with salad garnish & Sussex chutney

## Sussex Platter

Gammon, Sussex cheeses, baguette, Sussex pickle & a pickled onion, salad garnish

## Continental Platter

A selection of continental meats & cheeses, mediterranean vegetables & hummus served with a salad garnish & baguette

**Eat-In Take Away**

**4.90 n/a**

**4.50 n/a**

**7.20 n/a**

**7.50 n/a**



toast by the coast

## Granola Pots 4.50

Home made Granola & natural yogurt with Fresh fruit & honey

## Porridge oats 2.50/2.00 take away

Add one of the following:  
Dried apricots (40p), cranberries (40p), sultanas (40p), honey (40p), maple syrup (50p), banana (50p).

## Freshly baked croissant 1.50

## Freshly baked Pain au Chocolat 1.80

## Toasted tea cake 2.25

served with butter

## Toast with butter (2 slices) 2.00

White or granary or gluten free toast. Add our locally made Strawberry jam (30p), Seville marmalade (30p), Sussex honey (30p), Peanut butter (20p), Marmite (20p).

Toast by the Coast also offer outside catering for business lunches or private parties.  
Please ask at the counter for further details or email [info@toastbythecoast.co.uk](mailto:info@toastbythecoast.co.uk).

## SANDWICHES/TOASTIES/PANINIS/BAGELS/WRAPS

We offer all our MADE TO ORDER Sandwiches with freshly baked white or granary bread, as well as a choice of a Multi grain Baguettes, Bagels, Wraps, Toasties or Paninis.

**(toasties & paninis 25p supplement)**

### Meat Options

	Take Away	Eat In
Sussex ham, Cheddar & Sussex pickle	3.25	4.25
Sussex ham with salad	3.25	4.25
Sussex ham with mustard	3.25	4.25
Roast beef with horseradish pickle	3.25	4.25
Roast beef with salad	3.25	4.25
Turkey coleslaw	3.25	4.25
Turkey salad	3.25	4.25
Turkey cranberry	3.25	4.25
Turkey club with bacon, lettuce, tomato & mayo	3.95	4.95
Chicken with pesto	3.45	4.45
Chicken with avocado	3.95	4.95
Chicken with salad	3.45	4.45
Chicken with mango chutney	3.45	4.45
Chicken club with bacon, lettuce, tomato & mayo	3.95	4.95
BLT (bacon, lettuce & tomato)	3.25	4.25
Bacon & brie	3.45	4.45
Bacon & avocado	3.45	4.45
Bacon	3.25	4.25
Breakfast (egg mayo, bacon & sausage)	3.70	4.70
Sussex sausage	3.25	4.25
Spanish special (chorizo, manchego cheese & olives)	3.95	4.95
Chorizo and salad	3.20	4.20
Salami and salad		

### Vegetarian/Fish/Cheese Options

Egg mayo	3.05	4.05
Egg mayo & tomato	3.05	4.05
Cheddar cheese with Sussex pickle	3.05	4.05
Cheddar cheese with salad	3.05	4.05
Brie & cranberry	3.25	4.25
Brie & grape	3.25	4.25
Goats cheese with local red onion marmalade	3.45	4.45
Goats cheese with salad	3.45	4.45
Roasted vegetables	3.45	4.45
with choice of houmous, cream cheese or sunblushed tomato		
Avocado & tomato	3.25	4.25
Tomato, basil & mozzarella	3.25	4.25
Scrumpy Sussex cheese and salad	3.20	4.20
(Cheddar style with garlic, cider & herbs)		
Stilton & apple	3.45	4.45
Manchego cheese with olives	3.45	4.45
Mediterranean meze	3.65	4.65
(olives, sun-blush tomato & red peppers stuffed with cheese)		
Tuna mayo	3.25	4.25
Tuna mayo & cucumber	3.25	4.25
Crayfish, rocket & lemon mayo	3.95	4.95
Smoked salmon & cream cheese	3.95	4.95
Smoked salmon with salad	3.95	4.95

### Toasties & paninis Ideas

Sussex ham cheddar cheese	3.50	4.50
Sussex ham & cheese & onion	3.50	4.50
Cheese & tomato	3.50	4.50
Bacon & brie	3.70	4.70
Bacon, cheddar & tomato	3.70	4.70
Brie & cranberry	3.50	4.50
Mozzerella, tomato & basil	3.50	4.50
Stilton & apple	3.70	4.70
Stilton & tomato	3.70	4.70
Goats cheese with red onion marmalade	3.70	4.70
Tuna & cheddar cheese	3.50	4.50

**Any extra fillings will be charged from 50p**

## DRINKS

Sussex breakfast tea	2.00	
Speciality teas	2.10	
(Earl grey, Darjeeling, Assam, Lapsang souchong, decaffeinated)		
Teapigs	2.25	
(Chamomile flowers, peppermint, super fruit, Mao feng, green tea, lemon & ginger, lemongrass, organic rooibos)		
	<b>Small</b>	<b>Regular</b>
Filter Coffee	1.80	2.20
Americano	2.00	2.40
Cappuccino	2.30	2.70
Latte	2.30	2.70
Mocha	2.50	2.90
Flat White	2.50	
(double espresso with steamed milk)		
Espresso (single/double)	1.80	2.20
Hot Chocolate	2.30	2.70
Luxury Organic Hot Chocolate	2.70	3.10
(Rich smooth, organic chocolate with hot milk, topped with mini marshmallows, cream & chocolate flakes)		
Extra shots of coffee available at 25p per shot.		
Flavoured syrups at 35p per shot.		
Decaffeinated coffee or tea is also available on request.		
All drinks can be served with soya (add 20p) on request.		

Coke, Diet Coke	1.95
Selection of juices	from 1.95
Still water or Sparking water	1.25
Wine by the glass Red/White or Rose (175ml)	4.50

### Fruity Smoothies 3.25

Raspberry Heaven (Raspberry, mango, blueberry & apple)
Coconut Crush (Pineapple, apple & coconut milk)
Strawberry Fantasy (Strawberry & banana)
Pineapple Sunset (Pineapple, mango & papaya)
Jungle Juice (Blueberry, mango, strawberry & acai)
Berry Burst (Blueberry, blackcurrant & banana)

### Veggie Smoothies 3.25

Ginger Beets (Beetroot, ginger, pineapple, blueberry, apple juice)
Carrot Boost (Carrot, goji berry juice, pineapple, papaya, apple juice)
Green Reviver (Curly kale, lemongrass, banana, mango, apple juice)

### Granola Shakes 3.50

Strawberry Sunrise (Strawberries, frozen yogurt, fruit granola)
Banana Kick (sliced Banana, frozen yogurt, fruit granola)
Peanut Butter Boost (Peanut butter, sliced banana, frozen yogurt, fruit granola)
Blackcurrant Shine (Blackcurrants, frozen yogurt, fruit granola)

### Yoggi Shakes 3.25

Banana - Blackcurrant - Vanilla - Strawberry
--

### Indulgent Milkshakes 3.50

Vanilla - Caramel - Strawberry - Chocolate - Banana
Banoffee- Mint Choc Chip - Coconut