

<h1>Breakfast</h1> <p>Served between 7.30am &amp; 12pm</p> <p>Gluten free bread and non-dairy milk options are available so please ask!</p>	
<b>The Big Breakfast</b>	£10.45
Eggs (your way) 2 local pork sausages, 2 back bacon, baked beans, hash browns, fresh tomato & mushrooms, sour dough toast butter & preserves. <i>(Dairy, Gluten, Eggs)</i>	
<b>Smoked Haddock with Poached Eggs on Sour dough Toast</b>	£10.45
<i>(Dairy, Gluten, Eggs)</i>	
<b>Mediterranean Breakfast</b>	£10.45
Salad, hummus, halloumi cheese, eggs your way, sourdough bread! <i>(xxxxxxx)</i>	
<b>The Full English</b>	£8.95
Just not quite as big as the big breakfast! <i>(Dairy, Gluten, Eggs)</i>	
<b>The American</b>	£9.95
Eggs (your way) local sausage, back bacon, hash browns & a topped with a home-made Belgian waffle. <i>(Dairy, Gluten, Eggs)</i>	
<b>The Vegan</b>	£10.45
2 vegan sausages, hash browns, baked beans, fresh tomatoes & mushrooms, sour dough toast & preserves. <i>(Gluten)</i>	
<b>The Bank Breakfast Bap</b>	£8.95
Sausage, back bacon, hash browns & two fried eggs crammed into a sour dough roll. <i>(Dairy, Gluten, Eggs)</i>	
<b>Bacon, sausage or egg in a sour dough roll</b>	£5.95
<i>(Dairy, Gluten, Eggs)</i>	
<b>Homemade Waffles</b>	£7.95
Made to order and topped with maple syrup, fruit compote and Chantilly cream. <i>(Gluten, Dairy)</i>	
<b>Smashed Avocado</b>	£6.95
On toasted a sour dough roll (or toast) with fresh tomatoes. <i>(Gluten)</i>	
Or Topped with two poached eggs. <i>(Gluten, Eggs)</i>	
Or add smoked salmon for added luxury. <i>(Gluten, Eggs, Fish)</i>	
<b>Breakfast</b>	£8.95
Creamy smoked salmon & scrambled egg on toasted sour dough. Cooked the old-fashioned way on the hob with cream & butter.	
<b>Children (ages 12 and under)</b>	£5.95
A smaller version of any of the above bespoke to suit your child served with juice <i>(Allergens please ask!)</i>	

<b>3 Small Plates and a Glass of Wine or a Cider</b> £16.95	
<h2>Small Platters</h2> <p>... great with a drink!</p> <p>Served between 12pm &amp; 4pm</p>	
<b>Cheesy Sour Dough Garlic Bread</b>	£4.95
<i>(Dairy, Gluten)</i>	
<b>Crusty Sour Dough Bread &amp; Olives with oil and balsamic</b>	£4.95
<i>(Dairy, Gluten)</i>	
<b>Tempura Prawns with a sweet Chilli Dip</b>	£6.95
<i>(Gluten, Egg, Shellfish, Soy)</i>	
<b>Halloumi Fries with sweet Chilli Dip</b>	£5.95
<i>(Gluten, Soy, Dairy)</i>	
<b>Mini Duck Spring Rolls with Plum Sauce</b>	£6.95
<i>(Dairy, Gluten)</i>	
<b>Mini vegetable spring rolls with sweet Chilli Dip</b>	£5.95
and Sour Dough bread <i>(Gluten, Soy, Dairy)</i>	
<b>Baked baby Camembert with Cranberry</b>	£6.95
and Sour Dough bread <i>(Gluten, Soy, Dairy)</i>	
<b>Teriyaki Chicken Wings</b>	£6.95
<b>Hummus served with Sour Dough Bread</b>	£5.95
<b>Grilled Halloumi with Chilli Dipp</b>	£5.95
<b>Meatballs with Tomato Relish</b>	£5.95
<h2>Sandwiches</h2> <p>Served between 12pm &amp; 4pm</p> <p>On Sour Dough rolls or bread. All served with a handful of Nachos. <i>(Dairy, Gluten)</i></p>	
<b>Bacon and Avocado</b>	£7.95
<b>Egg, Cress and Mayo</b>	£7.95
<b>Cheese and Salad</b>	£7.95
<b>Smoked Gammon and Cucumber</b>	£7.95
<h2>Salad</h2> <p>Served between 12pm &amp; 4pm</p> <p>with sour dough on the side. <i>(Dairy, Gluten)</i></p>	
<b>Greek Salad</b>	£10.95
<b>Bacon and Avocado Salad</b>	£10.95

<h2>Larger Dishes</h2> <p>Served between 12pm &amp; 4pm</p>	
<b>Home-made Lasagne</b>	£9.95
Served with a side salad and garlic bread. <i>(Vegetairan option available)</i>	
<b>Hot Dog plain or topped with fried Onions &amp; Chips</b>	£10.95
Traditional local English jumbo Pork sausage served with a generous helping of homemade chunky slaw. Vegan option available <i>(Gluten, Dairy)</i>	
<b>Hot Dog with added cheese &amp; Chips</b>	£10.95
Traditional local English jumbo Pork sausage served with a generous helping of homemade chunky slaw. Vegan option available <i>(Gluten, Dairy)</i>	
<b>Burger and Chips</b>	£12.95
Locally made burger with salad chips and all the trimmings	
<b>Scampi and Chips</b>	£12.95
with salad	
<b>Halloumi Burger, Sweet Chilli Sauce and Chips</b>	£10.95
<b>Homemade Quiche and Salad</b>	£7.95
<b>The Bank Special - Hanging Meat Skewer</b>	£16.95 or share £26.95
Chicken or Beef Shawarma Skewer. Bringing a little taste of the Middle East to Hastings Seafront served with flat bread a mixed salad and chips.	
<div><div><b>Children's £5.95</b></div><div>All our meals can be served in smaller portions or we can do: Sausage, beans and chips OR Cod Goujons, beans and chips. This includes a small juice or water and ice cream</div></div>	
<h2>Sides</h2>	
<b>Chips</b>	£3
<b>Cheesy Chips</b>	£4
<b>Cheese and Bacon Chips</b>	£6.95
<b>Onion Rings</b>	£3.50

## The Great British Pudding

Served between 12pm & 4pm

All Puddings £7.00  
Spotted Dick, Sticky Toffee, Syrup Sponge or Jam Sponge  
all served with Cream, Custard or Vanilla Ice Cream





# Hot Drinks

**Tea** £2.50  
Various types of tea available please ask

## Coffee

Cappuccino £3.00  
Americano £3.00  
Latte £3.00  
Flat White £3.00  
Espresso £3.00  
Mocha £3.00  
Iced Coffee £3.00

## Hot Chocolate

Hot Chocolate £3.00  
Deluxe Hot Chocolate £3.95

## Milk

Soya and Oat Milk available add £0.50



ESPRESSO



DOPPIO



AMERICANO



CAPPUCCINO



LATTE

## TYPES OF COFFEE



MOCHA



CORTADO



FLAT WHITE



MACCHIATO



CON PANNA



AFFOGATO



IRISH COFFEE

# Cold Drinks

## Summer Sparklers

Gin and Tonic £7.00 per glass  
Gin selections £7.00 per glass  
*(all served with ice and Fever Tree tonic)*  
Dry Gin, Mango & Passion Fruit,  
Pink & Grapefruit, Rhubarb & Ginger,  
Raspberry, Blood Orange & Peach,  
Cucumber & Lime, Seville Orange & Lime  
Passion Fruit Martini £7.50  
Espresso Martini £7.50  
Pimms £5.50 per glass  
Sangria £14.00 per jug  
Apple elderflower and @ mint sparkler £8.00 per jug

## Soft Drinks

Diet Coke Cola £2.50  
Lemonade £2.50  
Water £2.00

## Wine

House Wine £5.50 per glass (£14 per bottle)  
Merlot £7.00 per glass (£16 per bottle)  
Zinfandel £7.00 per glass (£16 per bottle)  
Local Sparkling Wine £7.00 per glass (£23 per bottle)

## Beers

Guestling Guzzler Cider £ 5.50  
Draughts £6.00 (per pint)  
Please ask what is available



# All Things Apple

We cultivate our very own orchard locally,  
harvesting crisp apples for crafting our own cider and whipping up  
delectable sweet apple treats for you to enjoy!

Date and Apple Shortbread £3.50 (Vegan)  
Apple and Elderflower Flapjack £3.50 (Gluten Free)  
Apple Cake £3.50 or £5 for a whole one  
Apple Crumble Cake £3.50  
Chocolate and Apple Cake £3.50  
Apple Shortcake £3.50  
Apple and Blackcurrant Flapjack with Yoghurt topping.

Locally made Cider £5.50