



BREAKFAST, LUNCH, AFTERNOON TEA, PARTIES, CATERING

### Thursday 14<sup>th</sup> March

<b>Soup</b> <i>gf/v/dfo/vno – all our soups contain celery</i> Coconut, cauliflower, cumin and chilli soup	<b>Stew</b> <i>gf/dfo – all our stews contain celery</i> Chicken and caramelised apple stew with roasted squash and parsnip, rosemary, thyme and lemon	<b>Vegan</b> <i>df/v/vn/ gfo</i> £10.25 Cumin infused puy lentils, with pan fried tomatoes, red onion, kale & chilli, wrapped in a flour tortilla topped with fresh tomato salsa and mango guacamole.	<b>Veggie</b> <i>v/gf</i> £11.10 Polenta, chilli and spring onion corncake topped with lime and coriander infused smashed avocado
<i>Topped with house herb yoghurt and sprouted mung and alfalfa</i> Served with two salads from the daily selection £9.25 Or simply with a chunk of bread £6.95	<i>Topped with house herb yoghurt and sprouted mung and alfalfa</i> Served with two salads from the daily selection £11.50 Or simply with a chunk of bread £7.95	<i>Served with a side of Juliets slaw</i>	<i>Topped with house herb yoghurt and sprouted mung and alfalfa</i> Served with two salads from the daily selection

### Salads & Corn

Choose three £10.95 – just pick one £4.95

Bulgur wheat tabbouleh, cherry vine tomatoes, cucumber, capsicum peppers, feta, spring onion and our house herb oil	Roasted brussel sprouts and pan-fried broccoli, caramelised apple, pomegranate, lemon and honey (gf) (df)	Spiralised carrot, raw fennel, orange and watercress topped with toasted sesame seeds and a lemon and honey salsa (gf) (df)	<b>Corn</b> Griddled sweetcorn with red chilli butter, parsley & feta. Served hot.
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### Sandwiches ..... why not add a small salad £3.50

<b>The Open Avocado</b> <i>v/gfo/vno</i> £8.20 Smashed avocado, beef tomato, pea shoots, roasted halloumi, sprouted mung & alfalfa, topped with house herb oil served on toasted rye sourdough	<b>The Juliets Club</b> <i>gfo</i> £7.10 Roasted chicken, bacon, avocado, beef tomato, cos lettuce, & herb yoghurt served on white pugliese	<b>The Winter Warmer</b> £6.95 Hop & thyme sausage, streaky bacon & beef tomato with cranberry relish served toasted on white pugliese
<b>The Beetroot Wrap</b> <i>v/gfo</i> £6.65 Beetroot, whipped feta, toasted cumin chickpeas, baby spinach, horseradish and sumac served on flatbread	<b>Chicken &amp; Goat's Cheese Toastie</b> <i>gfo</i> £6.95 Roasted chicken marinated in rosemary & thyme, goat's cheese with cranberry relish served on white pugliese	<b>The Open Smoked Salmon</b> <i>gfo</i> £7.95 Smoked salmon, avocado, soft cheese, rocket, red onion, orange chilli, coriander & alfalfa served on toasted white pugliese
<b>The Open Prosciutto</b> <i>gfo/dfo</i> £7.95 Prosciutto & brie, topped with peppery rocket & sliced fresh pear on toasted Bodiam brown	<b>Toasted sandwich on white pugliese</b> Mature cheddar & beef tomato <i>v/gfo</i> £4.95 Baked ham & mature cheddar <i>gfo</i> £5.45	<b>Giant Cheese Straw</b> <i>v</i> £2.20

### Today's cake...and more...

Lemon drizzle <i>v</i> £3.95	Warm pie & yoghurt <i>v</i> £4.50	The ultimate sponge <i>v</i> £4.25	Orange blossom sunshine cake <i>df/v</i> £3.85
Lemon & poppy seed <i>v</i> £3.75	Chocolate brownie <i>v</i> £3.45	Flourless chocolate torte <i>gf/v</i> £3.95	Flapjack <i>v</i> £2.95
Carrot & walnut <i>v</i> £3.95	Lemon feather <i>gf/v</i> £3.95	Baked vanilla cheesecake <i>v</i> £3.85	Coffee & walnut <i>gf/df/v/vn</i> £3.95
Banana loaf <i>v</i> £3.55	Billionaire's shortbread <i>v</i> £4.10	Granola bar <i>v</i> £3.25	Scone with clotted cream & jam <i>v</i> £4.40
Chocolate & raspberry <i>gf/df/v/vn</i> £3.95	Today's energy ball <i>gf/df/v/vn</i> £1.99	Toasted tea loaf <i>v (df – just ask for soy butter)</i> £3.50	Rocky Road £3.45
Today's biscuits...you choose! <i>v</i> £1.50	Polenta with almond & orange <i>gf/v</i> £3.85		Courgette & pistachio, with elderflower <i>v</i> £3.95

At Juliets, we firmly believe that everybody should eat more cake! Choose from today's selection, or enjoy our cake sharing plate....a tasty selection of six... £13.50

Did you know....all of our cake selection is available to take away or as a whole? Just ask....

Dietary information – gf=gluten free, df=dairy free, v=vegetarian, vn=vegan, gfo=gluten free option, dfo = dairy free option, vno = vegan option Our products may contain nuts, seeds, gluten or other allergens.

WIFI password: EATMORECAKE www.julietsandmore.com



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### Bring your own cup and get 10% off any hot drink

#### Juliets own blend – roasted by Lindfield Coffee Works – Costa Rica, El Salvador & Kenya

Single espresso	£1.80
Double espresso	£2.10
Single macchiato	£2.00
Double macchiato	£2.20
Americano	£2.30
Cappuccino	£2.50
Latte	£2.50
Flat white	£2.40
Cortado	£2.20
BULLET coffee	£3.55
Mocha	£2.80
Iced mocha	£3.10
Coconut turmeric latte	£2.95
Dirty chai latte	£2.85
Babycchino	£1.00
Oat, Almond, Coconut milk – plus	.40

All our coffee is served with 2 shots – please just ask if you would like it stronger or weaker, decaf, or with an extra shot – all free of charge

#### Prince & Sons tea

English breakfast	£2.10
Earl Grey	£2.15
Afternoon tea	£2.20
Mint	£2.30
Chamomile	£2.30
Lemongrass, lime & root ginger	£2.35
Caramel vanilla rooibos	£2.35
Blood orange	£2.35
Berries & cherries	£2.35
Green	£2.40
Jasmine pearls	£2.40
Chocolate cinnamon chai	£2.35
Gingerbread	£2.35
Fennel, liquorice & mint	£2.15
London fog – earl grey, vanilla & cinnamon	£2.75

#### Juliets hot chocolate – made with real chocolate nibs!

<b>Magical Mystery Tour Hot Chocolate</b> <i>in honour of our dear friend Giles</i> <i>topped with brownie pieces, salted chocolate pretzels, rainbow drops &amp; raspberry sprinkles, marshmallows &amp; whipped cream and slurped through a chocolate wafer straw</i>	£4.95
Milk hot chocolate	£3.25
Dark hot chocolate	£3.50
Orange hot chocolate	£3.65
Peppermint white hot chocolate	£3.85

#### Juliets Italian hot chocolate – made with 65% cacao

Italian milk hot chocolate	£2.80
Kid’s milk hot chocolate	£1.95

#### Wonderful toppings.....

Whipped double cream	£0.65
Marshmallows	£0.35

#### Syrups.....

Vanilla/caramel/hazelnut	£0.45
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#### Tea pigs

Chai/Chilli chai	£2.30
Silver tips white	£2.30
Winter spiced	£2.30
Green & mint	£2.30
Liquorice & peppermint	£2.30

#### Other yummy teas!

Fresh ginger & turmeric infusion	£2.95
Rubychino with raspberry & honey	£3.10
Chai latte	£2.55
Flat red with cinnamon	£2.60
Fresh mint tea	£2.25
Decaffeinated English breakfast	£2.10
Lapsang Souchong	£2.10
Tick Tock tea	£2.10

#### Cold drinks

Boost juice – orange, apple, ginger, turmeric, lemon and cayenne	£3.45
Juliets live super green smoothie	£4.95
Strawberry, raspberry & mango smoothie with a blueberry ice cube	£4.25
Iced turmeric fizz – raw ginger, turmeric & lemon sparkle infusion	£3.95
Lemon & mint cooler	£3.95
Lauretana mineral water – 1 ltr	£3.95
Lauretana mineral water – 500ml	£2.05
Freshly squeezed orange	£2.65
Owlet Apple Juice	£2.35
Coke/diet coke	£2.30
Lemon/orange soda	£1.95
Arizona lemon iced tea/Blueberry white iced tea	£3.00
Bundaberg ginger beer	£2.55
Elderflower presse	£2.25

#### Something stronger.....

##### White wine

Pellehaut – Sauvignon/Chardonnay – French  
125ml – £4.95, 250ml – £7.00, bottle - £19.50

##### Red wine

Lopez De Haro – Rioja – Spanish  
125ml – £4.95, 250ml – £7.00, bottle - £19.50

##### Rose

Roubertas – Cote de Provence – French  
125ml – £5.50, 250ml – £8.25, bottle – £23.00

##### Prosecco – Perla Delicata - Italian

125ml – £7.25, bottle – £24.00

Raspberry bellini	£8.20
Elderbubble	£7.50
Bucks fizz	£6.75
Bloody Mary	£6.95
Peroni	£4.40

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