



BREAKFAST, LUNCH, AFTERNOON TEA, PARTIES, CATERING

### Thursday 12<sup>th</sup> September

<b>Veggie</b> <i>v/gf/dfo</i> £11.50 Spiced cauliflower fritter with turmeric, cumin, toasted mustard seeds, ground ginger, red pepper flakes and citrus zest served with herb yoghurt	<b>Black strap ham</b> <i>gf/df</i> £11.95 Marinated in black strap molasses, cinnamon, star anise & nutmeg. Drizzled with house dijon dressing and served with beetroot & orange chutney & piccalilli	<b>Everything in a bowl</b> <i>df/v/gf/vno</i> £9.95 A supersonic bowl full of spicy pickled goodness...cauliflower rice, roasted shitake mushroom, home pickled carrot & red cabbage, cucumber, our spicy kimchi, topped with a poached egg <i>Why not add: smoked tofu £2.50 /raw sushi grade salmon marinated in tamari &amp; sesame £4.75</i>	<b>Superfood burger</b> <i>v/vno/df/gfo</i> £10.95 Roasted beetroot burger with hemp, sunflower seeds, coconut cream, onion & ground coriander. Layered with hummus, herb kale, spiralised cucumber, home pickled red onion & carrot. Served in a poppyseed bun. <i>Served with polenta-coated sweet potato roasted chunky chips</i> <i>Why not add: streaky bacon £2.20 / roasted halloumi £2.50 / smashed avocado £3.00</i>
<i>Served with two salads from the daily selection and Juliet's house yogurt</i>	<i>Served with two salads from the daily selection</i>		

### Salads

Choose three £10.95 – just pick one £4.95

Sweet potato noodles, caramelised tofu, shimeji mushrooms, radish, baby corn and sesame oil (vn) (gf) (df)

White cabbage, shredded apples, chilli and nigella seeds with a sesame, rice vinegar, tahini and honey dressing (gf) (df)

Roasted heritage carrot, parsnip and baby beetroot, crispy leeks, fig, homemade curd cheese coated in toasted quinoa and drizzled with raw honey (gf)

### Extras

Kimchi £2.95 *gf/df/v/vn* Sweet potato fries £3.95 *gf/df/v/vn* Smashed avocado £3.00 *gf/df/v/vn* Roasted halloumi £2.50 *gf/v* Smoked tofu £2.50 *gf/df/v/vn* Raw sushi salmon with tamari & sesame *gf/df* £4.75

### 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 Chicken Wrap</b> <i>gfo</i> £7.10 Roasted chicken, rocket, cucumber, olives, red onion, avocado, oregano, roasted garlic, lemon & lime yoghurt served on flatbread	<b>The Open Vegan</b> <i>vn/v/df/gfo</i> £7.10 Apple, carrot, celery, chickpea, cayenne, turmeric, red onion, coriander & vegan mayo, layered with raw dressed kale served on toasted Bodiam brown
<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>Serious Breakfast Toastie</b> £6.95 Hop & thyme sausage, streaky bacon, mature cheddar, beef tomato and sweet chilli relish served toasted 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 Rainbow</b> <i>df/gfo/vn/vno</i> £7.95 Streaky bacon, smoked tofu, ribboned courgettes, cherry tomato, peppers, hummus & pea shoots topped with house herb oil & red amaranth served on toasted rye sourdough	<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	Lime & coconut sunshine cake <i>df/v</i> £3.85	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</i> ( <i>df</i> – just ask for soy butter) £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



BREAKFAST, LUNCH, AFTERNOON TEA, PARTIES, CATERING

## 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
Iced latte	£2.50
Coconut turmeric latte	£2.95
Dirty chai latte	£2.85
Babychino	£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
Iced chocolate dream, with a luscious cream topping and a chocolate straw	£4.25

### 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
--------------------------	-------

### 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

Ginger & passion fruit punch	£3.95
Boost juice – orange, apple, ginger, turmeric, lemon & cayenne	£3.45
Juliets live super green smoothie	£4.95
Strawberry, raspberry, mango & orange 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
Hop House 13	£4.40

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