



THE REAL
EATING
COMPANY

Breakfast

served all day

Hot Food

Free range scrambled egg and toast	3.75
Free range scrambled egg, bacon and toast	4.75
Bacon Sandwich	4.25
Toast with jam, marmite or peanut butter	2.00
Grilled ham and cheese croissant	2.75
Grilled cheese and tomato croissant	2.25
Toasted teacake and butter	2.25
Toasted crumpets with golden syrup, jam or honey	2.25
Extra jam	0.50

Breakfast Waffles

Waffles with Bacon and Maple Syrup
5.00

Waffles with strawberries, maple syrup and fresh whipped cream
5.25

Soups

Our soups are packed with fresh, wholesome and well sourced ingredients. We offer a wide variety of seasonally changing flavours.

Soup Small **4.25** Soup Large **£5.50**

Fresh and Healthy

	Dine in	Eat out
Grapes Pot	1.70	1.35
Real Eating Company Fruity Salad	2.10	1.75
Red Apple or Banana	0.55	0.55
Berry Granola Bowl with Organic Yoghurt	2.10	1.75
Raspberry Granola Bowl with Organic Yoghurt	2.10	1.75
Fruity Raspberry Organic Yoghurt Pot	2.30	1.90
Fruit Blackberry Organic Yoghurt Pot	2.30	1.90

Sandwiches, Baguettes, Toasties and Salads

Freshly made on site each day. We use only the very freshest of ingredients.

	Dine in	Eat out
Prawn Mayonnaise with Rocket Sandwich	3.50	4.20
Houmous, Carrot and Rocket Sandwich	2.75	3.30
The Real Classic Club Sandwich	3.60	4.30
Free range Egg Mayo and Watercress Sandwich	2.85	2.85
Honey Roast Ham Baguette with Red Peppers and Rocket	3.00	3.60
Tuna Mayo and Cucumber Baguette	2.75	3.30
Free Range Egg Mayo and Tomato Baguette	2.75	3.30
Mozzarella, Tomato and Basil Pesto Toastie	3.25	3.90
Roast Chicken and Pesto Pasta	3.00	3.60
Tuna Melt Toastie	2.85	2.85
Honey Roast Ham and Cheddar Toastie	2.85	2.85
Mature Cheddar and Tomato Toastie	2.85	2.85

Cakes

Delicious homemade cakes & treats baked to order for The Real Eating Company by a family-owned cake company in Sussex.

	Dine in	Eat out
Coffee & Walnut Cake	2.95	2.45
Carrot Cake	2.95	2.45
Victoria Sponge Cake	2.95	2.45
Lemon Drizzle Cake	2.95	2.45
Apple & Maple	2.95	2.45
Zesty Granola Bar	1.50	1.25
Millionaires Shortbread	1.50	1.25
Rocky Road Krispie Cup Cake	2.10	1.75
Chocolate Brownie	1.50	1.25
Croissant	1.45	1.75
Pain Au Chocolat	1.75	1.50

Snacks and Treats

Tyrells Lightly Sea Salted	0.95
Tyrells Cider Vinegar	0.95
Tyrells Cheddar Cheese	0.95
Metcalfe's Skinny Sea Salt Topcorn	0.99
Metcalfe's Skinny Sweet n Salt Topcorn	0.99
Metcalfe's Skinny Chocolate Trickle Tpcorn	0.99
SPONGE® Cakes - Bakewell/Sticky toffee pudding/chocolate and orange	2.00