

Please let a member of staff know of any allergies prior to ordering.

BREAKFAST

TOTALLY TEAL	13.25
<i>Cumberland sausage, two rashers of smoked back bacon, two fried eggs, baked beans, hash brown, steamed mushroom, baked half tomato and toast (black pudding +1.25, Sourdough +35p)</i>	
KENTISH BREAKFAST	11.25
<i>Cumberland sausage, rasher of smoked back bacon, hash brown, fried egg, baked beans and toast</i>	
SMASHED AVOCADO	11.75
<i>with chilli, peppers, onion, two poached eggs, watercress and toasted seeds on sourdough, with balsamic and chilli dressing and crumbled feta (GF available on request) (V)</i>	
OMELETTE	12.25
<i>Choose two fillings: cheese, ham, onion, pepper, tomato, bacon, mushroom, served with salad (extra fillings +1.25) Upgrade from salad to chips for +1.00</i>	
SMOKED SALMON AND SCRAMBLED EGG	11.75
<i>With sourdough (GF available on request)</i>	
CRUNCHY HOMEMADE TEAL GRANOLA	8.50
<i>With yoghurt, fruit compote, seeds, nuts and dried fruit (V)</i>	
PORRIDGE WITH HONEY AND BANANA	7.50
<i>For Vegan, ask for Alternative milk (+0.75) (VE)</i>	
EGGS BENEDICT	11.50
<i>Two poached eggs and teal baked ham on an English muffin with hollandaise sauce (GF available on request)</i>	
EGGS ROYALE	12.20
<i>Two poached eggs and oak smoked salmon on an English muffin with hollandaise sauce (GF available on request)</i>	
EGGS FLORENTINE	11.25
<i>Two poached eggs and wilted spinach on an English muffin with hollandaise sauce (GF available on request)</i>	
JUST EGGS	6.50
<i>Poached, fried or scrambled eggs on toast (GF available on request) (V)</i>	

4 STACK OF AMERICAN PANCAKES

With banana, whipped cream and maple flavour syrup (V)	10.75
With streaky bacon and maple flavour syrup	11.25
With fruit compote and maple flavour syrup (V)	10.25

VEGAN SMASHED AVOCADO

With baked tomato, steamed mushrooms, watercress and toasted seeds on sourdough, with a balsamic and chilli dressing (GF available on request) (VE)

VEGAN BREAKFAST

Two vegan sausages, two hash brown, baked beans, steamed mushroom, baked tomato and toast (VE)

VEGGIE BREAKFAST

Two veggie sausages, two fried eggs, two hash browns, baked half tomato, baked beans, steamed mushroom and toast (GF available on request) (V)

GLUTEN AWARE TOTALLY TEAL

Four rashers of smoked back bacon, two fried eggs, baked beans, hash brown, baked half tomato, steamed mushroom, and gluten free toast

LUNCH

WHOLETAIL SCAMPI, CHIPS AND PEAS	12.75
<i>With tartar sauce</i>	
TEAL BAKED HAM, EGGS AND CHIPS	12.25
<i>(GF available on request)</i>	
BAKED POTATO AND SALAD	8.75
<i>With your choice of either cheese, tuna mayo, coleslaw, baked beans, coronation chicken, chicken bacon and sweetcorn mayo (extra filling +1.25) (GF available on request)</i>	
SOUTHERN FRIED CHICKEN AND FETA SALAD	12.50
<i>Crispy chicken breast, mixed leaves, tomato, cucumber, pickled red onion, piquante peppers, crumbled feta and balsamic dressing</i>	
WELSH RAREBIT	12.25
<i>Kentish beer, cheddar cheese, mustard, egg, worcestershire sauce combined and spread on toasted sourdough with salad or upgrade to chips for +1.00 (GF on request)</i>	

Please check out our salad bar for daily specials and salads £12.25



As a small business, your reviews really help us out! Please feel free to drop us a review if you have time.



Sandwiches and Toasties

Mon-Fri served until 2:30pm

Sat-Sun served until 3:30pm

KIDS MENU

2 STACK OF AMERICAN PANCAKES

with streaky bacon and maple flavour syrup 6.85

or

with banana, maple flavour syrup and cream 6.75

SAUSAGE AND CHIPS 6.25

CHICKEN NUGGETS AND CHIPS 6.25

SIMPLE BURGER AND CHIPS 6.50

HAM, EGG AND CHIPS 8.00

FISH FINGERS AND CHIPS 6.25

Served with your choice of baked beans or peas!

SIDE ORDERS

BOWL OF CHIPS 3.65
Upgrade to Cheesy Chips for +30p

COLESLAW 2.50

SMASHED AVOCADO 3.50
With chilli, peppers and onion

SMOKED SALMON 6.00

HALLOUMI FRIES 4.00
With chilli mayo

SANDWICHES

Served with crisps and a salad garnish (GF available on request)

FISH FINGER SANDWICH 7.75
With tartar sauce

CHEESE AND TEAL BAKED HAM 7.50

TUNA MAYO AND CUCUMBER 7.75

SAUSAGE OR BACON (EGG +1.00) 7.50

CHICKEN, BACON AND SWEETCORN MAYO 7.90

CORONATION CHICKEN 7.75

TOASTIES

Served with crisps and a salad garnish (GF available on request)

CHEESE AND TEAL BAKED HAM 7.50

BRIE, BACON AND CRANBERRY 7.95

Go Vegetarian with a brie and cranberry toastie 7.50

TUNA MAYO AND CHEESE 7.95

CHEESE AND TOMATO (V) 6.75

Please note: We do everything we can to be sure cross-contamination does not occur, but we are not a gluten free kitchen and we cannot guarantee any item will be completely free of allergens.

Note: Gluten Free bread is +0.50

We pride ourselves on using seasonal, local products as and when we can.

A 10% discretionary service charge will be added to all bills which is shared with all our staff members.