

# GROW 40

## Breakfast & Brunch Menu ( Served 9am - 12pm Daily )

### G40 Sussex Breakfast

Barfields pork sausage, espresso  
bacon, tomato, mushroom, avocado,  
organic egg, fresh blood pudding,  
smokey bacon beans, sourdough

£ 9.25

### G40 Veggie/Vegan Breakfast

Bean & lentil sausage, tomato,  
mushroom, avocado, organic egg or  
scrambled tofu, smokey beans,  
sourdough

£ 8.95

### G40 Organic Eggs

Served on sourdough or  
homemade muffins

Fried/Poached/Scrambled/Tofu

£ 5.95

### G40 Eggs Hollandaise

Organic poached eggs on our toasted  
homemade muffin & local knob butter  
hollandaise

Whiskey Ham/Baby Spinach/ Espresso  
Bacon/Avocado/Smoked Salmon

One £ 7.95

Two £ 8.95

### G40 Black Pudding Waffle

Espresso bacon, maple syrup,  
fried organic egg, black  
pudding, local knob  
butter hollandaise

£ 8.95

### G40 Sausage & Bean Bake

Local chorizo, smokey bacon beans,  
spring onion, organic eggs,  
london feta, sourdough

£ 8.95

### G40 Baked Omelette

Organic eggs, local cream  
& Mayfield cheese

Whiskey Ham/Baby Spinach/ Espresso  
Bacon/Avocado/Smoked Salmon

One £ 7.95

Two £ 8.95

### G40 Granola & Yogurt

Nuts, dried fruits & oats,  
Northiam dairy yogurt,  
Brighton honey

£ 5.00

PLEASE SEE THE BARISTA BOARD FOR TODAY'S  
CAKES & PASTRIES