

YEOTOWN SUSSEX GARDENS

Eat Healthy, Live Well

BREAKFAST

(SERVED BETWEEN 7AM - NOON)

PERSERVERANCE (G.GFO.CE) / 7

Eggs as you like. Two eggs (Poached / Scrambled / Fried) on optional sourdough.

BALANCE (VG.GF.N.NFO.SU) / 10

Warmed homemade overnight spiced bircher oats with vanilla, oat milk, poached seasonal fruits, sliced banana and a sprinkle of homemade granola.

HAPPINESS (VG.GF.N.SU) / 10

Yeotown homemade GF buckwheat Granola blend with selected nuts and seeds, coconut plant-based yogurt and seasonal poached fruits and fresh berries.

SWEETNESS (SS. VG.GF.N.NFO) / 11

Chia and oat waffles served with fresh fruits and a homemade berry date coulis caramel sauce.

LOVE (VG.G.GFO.N.NFO) / 11

Caramelised fresh figs on toast, homemade vegan labneh with a floral strawberry coulis.

JOY (VG.G.GFO) / 12

Smashed avocado toast with a sunflower superseed mix, freshly sliced radish, sprouted homegrown microgreens on sourdough or GF toast.

CALM (VGO.GF.M.N.CF.CE) / 14

Yeotown eggs benedict with homemade vegan cashew hollandaise, poached egg, and a homemade chia and oat GF English muffin and smoked salmon

Vegan Option: Seared sliced tofu no smoked salmon or egg.

YEOTOWN ENGLISH BREAKFAST (VGO.G.GFO) / 14

Scrambled eggs or poached eggs, vegan sausage, baked beans, mushrooms, spinach, grilled cherry tomatoes.

+ EXTRAS

Vegan sausage / 4
Egg (As you like) / 2
Slice of Toast / 3
Bowl of mixed seasonal fruits / 5



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ALLERGEN GUIDE :

Note: Please be aware that our dishes are prepared in a kitchen where allergens are present throughout, therefore we cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your server know before ordering if you have any allergies or intolerances

Vegan - (VG), Vegan option - (VGO), Gluten-free - (GF), Gluten-free option - (GFO), Celery - (C), Gluten - (G), Mustard - (M), Nuts - (N), Nut free option (NFO), Sesame Seeds - (SS), Sulphites - (SU), Soya - (SY), Fish - (CF), Eggs - (CE).