



# SUMMER MENU

FROM THE COUNTER

## FISH

### SMOKED HADDOCK & SALMON FISHCAKES

<sup>gf</sup>  
Smoked salmon & haddock fish cakes with carrot, quinoa & parsley.

## VEGGIE

### RAINBOW FRITTERS

<sup>v/gf</sup>  
Carrot, red cabbage, halloumi, chilli, mint and spring onion fritters.

## SALADS

### CAULIFLOWER RICE

<sup>vn/gf</sup>  
Cauliflower rice with chickpeas, almonds, kale, pomegranate seeds and crispy leeks. Seasoned with baharat.

### CLASSIC TABULE

<sup>v</sup>  
Bulgur wheat, cucumber, cherry tomatoes, red peppers, feta, mint, landress & herb dressing.

VEGGIE & 1 SALAD £9.50

VEGGIE & 2 SALADS £11.50

1 SALAD £5.25

2 SALADS £8.50

FISH & 1 SALAD £10.95

FISH & 2 SALADS £12.75

SAUSAGE ROLL  
- £4.75

Hop & thyme meaty filling topped with poppy seeds and rosemary, wrapped in golden puff pastry.

VEGGIE ROLL  
- £4.50

Cheddar, spring onion, paprika, breadcrumbs and a touch of cream, with sunflower seeds, wrapped in golden puff pastry.

CHEESE STRAW  
- £2.50

Mature cheddar cheese wrapped in puff pastry, topped with toasted pumpkin seeds.

## FROM THE KITCHEN

RAINBOW BOWL - £10.75

<sup>v/gf/df/vno</sup>  
Cannellini bean mash, beetroot pickled egg, tri-colour quinoa, baked tenderstem broccoli, house pickled mouli & carrots, turmeric roasted cauliflower & thinly sliced golden & yellow beetroot. Sprinkled with poppy, hemp, linseed & amaranth seed mix.

add smoked salmon - £3.00

add halloumi - £2.95

SUPERB SMASHED AVO - £8.95

<sup>v/gfo/df/vno</sup>  
Juliet's homemade beetroot hummus, lemon and lime smashed avocado, feta, toasted super seed mix and purple amaranth sprouts on toasted sourdough. Served with a dill, parsley, tomato and pickled onion salad.

add a poached egg - £1.50

add streaky bacon - £2.25

THE NEPTUNE - £9.95

<sup>gfo/df</sup>  
Avocado, basil, mint & garlic yoghurt, watercress & fresh prawns. Sprinkled with poppy, hemp, linseed & amaranth seed mix, drizzled with sweet chilli. Served on toasted sourdough with a wedge of lemon.

add a poached egg - £1.50

## SANDWICHES

### FABULOUS FALAFEL WRAP

- £6.95  
<sup>vn/gfo</sup>  
Pecan & parsley falafel, cannellini mash, ribboned carrots, fresh spinach & amaranth sprouts in a tortilla wrap.

THE FIGARO  
- £7.00

<sup>gfo</sup>  
Juliet's own fig, basil & thyme marmalade, prosciutto, chorizo, black olives, brie & rocket. Served toasted on sourdough.

TOASTED

OPEN AVOCADO  
- £8.75

<sup>gfo/vno</sup>  
Smashed avocado, beef tomatoes, halloumi, mung beans & house herb oil on toasted sourdough.

CHEESE & HAM  
- £5.50

<sup>gfo</sup>  
Mature cheddar and Fullers baked ham.

TOASTED

CHEESE & TOMATO  
- £5.25

<sup>gfo</sup>  
Mature cheddar with beef tomato.

TOASTED

PLEASE ALERT STAFF OF ALLERGIES OR INTOLERANCES

VOTED AS KENT'S BEST CAFE IN THE MUDDY STILETTO AWARDS 2022



GF-gluten free DF-dairy free V-vegetarian VN-vegan GFO-gluten free option DFO-dairy free option VNO-vegan option