



SUMMER MENU

FROM THE COUNTER

VEGGIE

SWEET POTATO FRITTERS

v/gf
Sweet potato fritters with feta and mint.
Served with herb yoghurt.

MEAT

PORK & SAGE FRITTER

gf
Pork, sage and white onion fritter with herb yoghurt.

SALADS

BETROOT & GOATS CHEESE

v/gf
Roasted tri-colour beetroot, pickled beetroot slices, quinoa, goats cheese and rocket with an apple and dijon mustard dressing.

ASAIN NOODLES

vn/gf
Sweet potato noodles with turnips, bok choi, spring onion, ginger, sesame, spring onion & soy sauce.

VEGGIE & 1 SALAD £9.50

VEGGIE & 2 SALADS £11.50

1 SALAD £5.25

2 SALADS £8.50

MEAT & 1 SALAD £10.95

MEAT & 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.

ITALIAN STRAW

- £2.80
Prosciutto, oregano, basil & cheddar 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

v/gf/df/vno
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, lindseed & amaranth seed mix.

add smoked salmon - £3.00

add halloumi - £2.95

SUPERB SMASHED AVO - £8.95

v/gfo/dfo/vno
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

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

add a poached egg - £1.50

SANDWICHES

CHEESE & HAM

- £5.50

gfo

Mature cheddar and Fullers baked ham.

TOASTED

THE FIGARO

- £7.00

gfo

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

TOASTED

OPEN AVOCADO

- £8.75

gfo/vno

Smashed avocado, beef tomatoes, halloumi, mung beans & house herb oil on toasted sourdough.

CHEESE & TOMATO

- £5.25

gfo

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