



SUMMER MENU

FROM THE COUNTER

VEGGIE

SALADS

CHANGES DAILY

FISH/MEAT

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.

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, linseed & 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, linseed & 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

CHEESE & TOMATO
- £5.25

gfo

Mature cheddar with beef tomato.

TOASTED

OPEN AVOCADO
- £8.75

gfo/vno

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

THE FIGARO
- £7.00

gfo

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

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