

## COFFEES HOT & COLD DRINKS

COFFEE	Small	Medium	Large
FILTER regular or decaff Served with cream or milk			
CAPPUCCINO Espresso, hot milk & steamed milk foam			
AMERICANO Espresso & hot water			
			Std
LATTE Espresso coffee with hot steamed milk			
FRAPPUCINO Iced coffee			
ESPRESSO		Single	double
MACCHIATO Espresso with steamed milk foam			
MOCHA Espresso, steamed milk, Chocolate syrup & optional whipped cream.			
<b>HOT DRINKS</b>			Std
HOT CHOCOLATE (luxury white chocolate option available 10p extra)			
..... with cream			
..... with cream & flake			
..... with cream, marshmallow & choc flake			
HOT MILK			
HOT MILK STEAMER with a flavoured syrup			
BABYCHINO for the kids! On us but 50p in the charity box please!			
FLAVOURED SYRUPS vanilla, caramel, hazelnut or chocolate			

<b>COLD DRINKS</b>	
<b>FRUIT JUICE</b>	
ORANGE, PINEAPPLE OR APPLE	
<b>MILKSHAKES</b> made with syrup & ice cream	
STRAWBERRY, RASPBERRY, BANANA OR CHOCOLATE	
..... AS ABOVE SERVED WITH CREAM	
<b>BOTTLED DRINKS</b>	
PRESSE various flavours	
FENTIMANS GINGER ALE	
FENTIMANS VICTORIAN LEMONADE	
WATER still or sparkling	
SOFT FIZZY DRINKS Coca Cola, Fanta, Oasis	
CAPRI SUN orange or apple & blackcurrant	
JUST JUICE orange or apple	
SQUASH	
GLASS OF COLD MILK	

## TEAS, FRUIT & HERBAL INFUSIONS

	Tea for one	Tea for two
REGULAR TEA or decaffeinated served with milk or lemon		
FAIRTRADE served with milk or lemon		
EARL GREY with the delicate flavour of bergamot this is a light tea, pale gold in colour from China. Drink it black or with a little milk or with a slice of lemon.		
		Tea for one
ASSAM - a traditional tasting tea From the flood plains of the Brahmaputra Valley in North East India. This tea is ideal with "elevenses", or throughout the day. Many people drink Assam as an alternative to coffee after a meal. A strong full bodied rich and smooth malty flavour.		
CEYLON - a delicate tasting tea From Sri Lanka this bright, amber tea is very thirst quenching and has a delicate flavour. Drink black or with a little milk, or with a slice of lemon.		
LAPSANG SOUCHONG - a golden tea From South East China this is a strong, golden tea with a very distinctive smokey character. Ideally enjoyed whilst relaxing in the afternoon. Drink black or with a little milk.		
DARJEELING - a delicate tasting tea Originating in North East India from the foothills of the Himalayas. This light golden tea has a delicate character and flavour likened to the Muscatel grape. Darjeeling is ideal in the afternoon, or taken as an elegant accompaniment with lunch. Drink black or with a little milk.		
GREEN TEA This high grown green China tea, known as Chun Mee, is widely recognised as one of the world's most refreshing teas. High in antioxidants, this superior green tea is light and uplifting.		
<b>FRUIT INFUSIONS</b>		
ORANGE MANGO & CINNAMON An exciting blend of the exotic tastes of India, combining the fresh flavours of orange and mango with the spicy overtones of cinnamon.		
BLACKCURRANT, GINSENG & VANILLA A refreshing drink with a lively taste. The ancient Chinese herb of ginseng is reputed to act as a natural pick-me-up, whilst vanilla pods and a blackcurrant flavour give this infusion a delightfully fresh flavour.		
RASPBERRY, STRAWBERRY & LOGANBERRY Enjoy the heady taste of summer all year round with this subtle blend of delicious soft berry flavours.		
CAMOMILE The delicate flavour is wonderfully calming both as a daytime drink and at bedtime.		
PEPPERMINT Lively and refreshing, peppermint is ideal after a meal as it's reputed to aid digestion.		

## Menu

# HIGHDOWN TEA ROOMS



Thank you for visiting Highdown Tea Rooms. We want you to enjoy your visit and come back time & time again. We like to think that we don't do fast food but do good food as fast as we can. If you have any complaint however minor please let us know so we can do our best to rectify the problem.

We are proud winners of the Kennel clubs open for dogs awards from 2009 to 2012 and welcome all well behaved dogs

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## LIGHT SNACKS, SAVOURIES

- BAKED BEANS ON TOAST (V)
- SCRAMBLED EGG ON TOAST
- SCRAMBLED EGG & BACON ON TOAST
- SCRAMBLED EGG WITH CHEESE ON TOAST (V)
- TOAST 2 slices & preserve or marmalade
- TOASTED TEACAKE
- TOASTED CRUMPET 2 of served with butter
- WELSH RAREBIT 2 slices
- BUCK RAREBIT 2 slices served with egg
- HIGHDOWN RAREBIT 2 slices served with ham
- SAUSAGE ROLL & BAKED BEANS
- SAUSAGE ROLL Served hot or cold
- PASTY
- PATE WITH TOAST
- CREAMED MUSHROOMS ON TOAST (V)
- QUICHE Various available see our specials board

## SOUP

FRESH HOMEMADE SOUP OF THE DAY  
with thick crusty bread & butter see our specials board

## CHILDRENS SNACKS

- SPAGHETTI ON TOAST (V)
- BEANS ON TOAST (V)

SMALL SANDWICH choose from ham, cheese, tuna, chocolate spread, honey, marmite or jam

LUNCH BOX  
Sandwich choose from ham, cheese, chocolate spread or jam. Piece of fruit, mini cheddars, carton of drink, piece of flapjack or pack of biscuits

- CHEESE ON TOAST 1 slice (V)
- SCRAMBLED EGG ON TOAST (V)
- SCRAMBLED EGG AND BEANS ON TOAST (V)
- NIBBLE PLATE  
a selection of cheese, ham, cucumber, grapes & carrot sticks

**PLOUGHMANS** - A traditional ploughman's dish but served the Highdown way Lettuce, cucumber, tomatoes, pepper, pickled onion, chutney, coleslaw, apple, grapes & and a chunk of crusty bread

- CHEDDAR (V)
- HAM
- PATE
- STILTON (V)

3 CHEESE—BRIE, STILTON & SCRUMPY SUSSEX (V)  
Scrumpy Sussex is a tongue tingling blend of garlic, cider and herbs added to the old Sussex curd while still in the vat to give this cheese a unique flavour

## SANDWICHES, TOASTIES & JACKETS

	Sandwich	Toastie	Jacket Potato	Panini	Ciabatta
CHEESE (V)					
HAM					
EGG MAYO (V)					
TUNA MAYO					
BEEF					
SAUSAGE					
BACON					
EGG & CRESS (V)					
PRAWN & MARIE ROSE					
BLT					
CHEESE PLOUGHMAN (V)					
CHEDDAR CHEESE & BACON					
BRIE & BACON					
SAUSAGE & CHEESE					
SALMON & CREAM CHEESE					
TUNA MELT					
MOZZARELLA, BASIL & TOMATO (V)					
COTTAGE CHEESE & PINEAPPLE (V)					
CHILLI CON CARNE					
PLAIN WITH BUTTER (V)(GF)					
BAKED BEANS (V)(GF)					
BAKED BEANS & CHEESE (V)(GF)					
HOMEMADE COLESLAW (V)(GF)					

EXTRA TOPPINGS (95p per serving)  
Baked beans - Homemade Coleslaw - Pineapple - Bacon - Cheese - Salad - Sausage  
(all 45p per serving) Tomato - Sweetcorn - Red Onion - White Onion - Pickle - Cress - Horseradish - Red Pepper - Mushroom

**SALADS** - All served with lettuce, cucumber, tomatoes, pepper, red onion & homemade coleslaw

- SIDE SALAD
- CHEESE served with chutney (V)(GF)
- HAM served with pickle
- PATE served with pickle
- TUNA served with seafood sauce (GF)
- BEEF served with horseradish
- PRAWN served with seafood sauce (GF)
- SMOKED SALMON & PRAWN served with seafood sauce
- QUICHE - Various available see our specials board

All our sandwiches are served with salad garnish & tortilla chips.  
Choice of White, Wholemeal or Granary bread?

## HIGHDOWN CREAM TEAS

HIGHDOWN CREAM TEA FOR ONE  
Large homemade scone with clotted cream & jam served with your choice of tea or filtered coffee

HIGHDOWN CREAM TEA FOR TWO  
2 large homemade scones with clotted cream & jam served with your choice of tea or filtered coffee

HIGHDOWN AFTERNOON TEA FOR ONE  
Finger sandwiches (choice of cheese, ham, egg, tuna or beef) Large homemade scone with clotted cream & jam served with your choice of tea or filtered coffee

HIGHDOWN AFTERNOON TEA FOR TWO  
Finger sandwiches (choice of cheese, ham, egg, tuna or beef) Large homemade scones with clotted cream & jam served with your choice of tea or filtered coffee

## HOMEMADE CAKES

We try our best to provide a good selection of cakes at all times, however @ busy times not all cakes will be available. Please see our cake menu or choose your selections at the counter. Cream and custard available

Prices start from £1.20

## SCONES Served with butter & preserve

- PLAIN
- FRUIT
- CHEESE
- CHERRY
- DATE & WALNUT

## ICE CREAMS Please also see our Ice Cream menu

- BOWL OF ICE CREAM  
Including a choice of syrup & toppings
- CLOTTED CREAM
- CUSTARD
- ICE CREAM SYRUP

## BISCUITS, CRISPS, CHOCOLATE & EXTRAS

- PACKED BISCUITS
- KETTLE CRISPS
- MINI CHEDDARS
- MARS, TWIX, SNICKERS, KIT KAT, MALTESERS
- CEREAL BAR
- SINGLE BUTTER PORTION
- SINGLE JAM PORTION

All our food is cooked fresh to order. During busy times there may be a slightly longer delay than normal. Your patience would be appreciated. We use locally sourced ingredients wherever possible.

(V) = vegetarian option, (GF) = gluten free option

There are Gluten Free alternatives and cakes, please ask a member of staff

If you have a nut allergy, regrettably we cannot guarantee that any of our dishes are completely free from traces of nuts.