

# LIFE ON HIGH

We are proudly pro-plant. ✓ = VGN

Many of our dishes are 100% plant so, in a break from tradition, we've highlighted where this isn't the case (M=meat)

Please tell us about any food allergies in your party. Our kitchen contains nuts and gluten

All brioche, burger buns and sourdough can be replaced with a gluten free bun (please note these do contain egg)

E = eggs  
D = dairy  
F = fish  
N = nuts  
S = soy  
U = mustard  
Se = sesame  
M = meat

GF = Gluten free

PLEASE TELL US ABOUT ANY ALLERGIES

We use locally sourced produce throughout our day & evening menu:  
Chart Farm, Northiam Dairy, Chapmans, Westerham Brewery, Greensand Ridge, Loddington Farm

## Breakfast 8-12

Chart Farm crispy smoked bacon bap with fried free range egg, tomato chutney, baby spinach & avocado	E,M,U	9.8	Nearly-all-plant brioche bap veggie sausage, fried free range egg, tomato chutney, baby spinach & avocado	E,U,S	9.3
Stacked pancakes w/blackberry & apple compote whipped cinnamon coconut cream; house roasted granola & date syrup	N	10.5	All-plant veggie sausage bap with tomato chutney, baby spinach & avocado	✓ U,S	8.8
Peanut & cacao porridge with w/almond milk, banana, puffed rice & candied orange	✓ N	7.5	LOH brunch: Chart Farm smoked bacon spinach, avocado, homemade beans & poached egg on a sourdough crumpet	E,D,M	12.5
LOH coffee chia pudding breakfast parfait w/ vegan yoghurt, raspberries & cacao nibs	✓ N,S	7.5	Veggie brunch: spinach, avocado, homemade beans, plant sausage on a sourdough crumpet	✓ S	11

## All day 8-3

Smashed avocado on toasted sourdough, spinach pesto, dukkah, root crisps & beetroot reduction	✓ N,Se,U	11.5	Curried Welsh Rarebit on toasted sourdough with shallot, radish & house-dried tomato salad, mango chutney	F,E,D,U	9.5
Eggs Royale - two soft poachies with beetroot & citrus house-cured salmon, sweet potato & beetroot hash, lemon myrtle hollandaise	GF,E,F,D	14.5	Chart farm Lincolnshire sausage sourdough sarnie w/ tomato chutney & baby watercress	M,U	9.5

## Lunch 12-3

The Greek: feta, cherry tomato, cucumber, kalamata olives, macerated red onions, cos lettuce w/lemon & oregano dressing & toasted sourdough	D	11.5	Crispy breaded spiced chicken burger w/leaf, BBQ corn relish & pickle in a brioche bun, served with potato fries	M	15.5
Za'tar roasted squash, soya bean, pickled cabbage, beets, harissa potato w/ rocket & red pepper vinaigrette	✓ GF,S,Se	12.5	Tofu & lemongrass Laksa w/fresh turmeric, broccolini, sweet potato, flat rice noodles, mung beans & fresh coriander, candied peanut crumb	✓ GF,N,S	14

## Extras and sides (all GF)

Beetroot & citrus house-cured salmon	3.5
Chart Farm crispy smoked bacon	3
Avocado / Chorizo	2.5
Poached egg / Feta	2
Sweet potato fries	4
Seasonal garden salad	4

## Children's menu - please ask for allergens

Children's maple syrup & seasonal fruit pancakes	6.5
Children's breakfast brioche bap (Chart Farm smoked bacon or veggie sausage)	6.5

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## Wines

all wines are available in 125ml measures

White	175ml	bottle
Reserve Saint-Marc Sauvignon Blanc, France <i>Crisp, elderflower &amp; citrus</i>	7	25
Percheron Chenin Blanc Viognier, S Africa <i>Vibrant, light peach &amp; clean finish</i>	8	29
Picpoul de Pinet Prestige Fonaclieu, France <i>Crisp, fresh minerality &amp; soft exotic fruit</i>		35
<b>Rose</b>		
Rose Le Versant Grenache, France <i>Red berries, smooth rounded finish</i>	8	28
Whispering Angel, Provence, France <i>Light, delicate, soft &amp; complex summer fruits</i>		49
<b>Red</b>		
Calusari Pinot Noir, Romania <i>Soft red berry fruits, vanilla</i>	7	25
Sottano Malbec, Argentina <i>Rich dark fruits, chocolate</i>	9	35
Mirador Crianza Rioja, Spain <i>Cherry &amp; blackcurrant, spice, vanilla finish</i>		36
<b>Sparkling</b>		
Cielo Prosecco Italy <i>Floral, apple &amp; pear</i>	7	29
Nozeco Alcohol free, <i>Fruity, natural grape</i>	7	18
Bolney Estate Bubbly <i>Elderflower, brioche</i>		53
Bolney Estate Rose <i>Red berries, almond</i>		55
Lanson Black Label Brut France <i>Biscuit, floral</i>		55
Lanson Le Rose France <i>Mineral, strawberry</i>		58

## Juices, shakes and smoothies, cold drinks

	all ✓
Super Green vita-smoothie: cucumber, celery, green apple, spinach, lime, ginger	5.5
Tropical Paradise: mango, banana, passionfruit, coconut milk	6
Mixed berry, banana and chia pudding	N 5.5
Golden Boost: Tumeric, ginger, mango, banana, black pepper, almond milk	N 6

## Brunch fizz from 11 (all available alcohol-free)

Mimosa: orange juice, Cielo prosecco	7.5
Bellini: Cielo prosecco, peach puree	7.5
Garden Fizz: Elderflower, mint, prosecco	8.5
Bloody Mary: Absolut vodka, tomato juice	8.5
Aperol Spritz: Cielo prosecco, Aperol, soda	9.8
90 minutes bottomless on brunch fizz	33

## Coffee

Flat white (add Baileys/Amaretto)	3.4 / 5.8
Latte / cappuccino	3.4 / 3.7
Espresso single / double	2.7 / 3
Macchiato / cortado	3.2
Americano	3 / 3.2
Mocha	3.6 / 3.9
Hot chocolate	3.3 / 3.6
add Cointreau or Amaretto	6
Single Origin v60	4.2

## Teas

Selection of loose-leaf teas; fresh mint	3
Lemon & ginger	3.2

## Mocktails

Ginger kombucha & cranberry sparkle	8
Nojito: soda, mint, lime, sugar, non-alc rum	5

## Local brewery beers

British Bulldog, or Bohemian Rhapsody	5.5
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## International beers

Peroni or Peroni Zero / Heineken Zero	5
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Strawberry or vanilla milkshake with Judes dairy-free ice cream, oat milk	S	6
Loddington Farm cold pressed apple juice		3
Small orange juice		2.2
Innocent pouch (apple or orange)		1.5
Mineral water (sparkling, still) small/large		2.8/5.5
Coke, Traditional Lemonade, Ginger Beer		2.8