

We are proudly pro-plant. ✓ = VGN

GF = Gluten free

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

M = meat
E = eggs
D = dairy

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

F = fish
N = nuts

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

S = soy
U = mustard
Se = sesame

Juices, shakes, smoothies, cold drinks all ✓

Super Green vita-smoothie - cucumber, celery, green apple, spinach, lime, ginger		5.5
Mixed berry, banana and chia pudding	N	5.5
Golden Boost: Tumeric, ginger, mango, banana, black pepper, almond milk	N	6
Apple Pie: Apple chia seed, cinnamon, nutmeg, almond milk	N	6
Strawberry or vanilla milkshake with Judes dairy-free ice cream, oat milk	S	6
Loddington Farm Lamberhurst, Kent 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

Coffee

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

Teas

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

All day brunch

(from 8.30-4 Saturday, 9-3 Sunday)

LOH brunch: Chart Farm smoked bacon spinach, avocado, homemade beans & poached egg on a sourdough crumpet	E,D,M	13
Plant brunch: spinach, avocado, homemade beans, veggie sausage on a sourdough crumpet	✓ S	11.5
Stacked pancakes w/blackcurrant & chia seed jam, whipped coconut cream, toasted buckwheat & date syrup	✓ S	11.5
Smashed avocado on toasted sourdough, spinach pesto, dukkah, root crisps & beetroot reduction	✓ N,Se,U	12.5
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 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	9.6
All plant veggie sausage bap with tomato chutney, baby spinach & avocado	✓ U,S	9.4

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

We use locally sourced produce throughout our food and drinks menu: Chart Farm, Northiam Dairy, Chapmans, Westerham Brewery, Greensand Ridge, Loddington Farm

Children's menu - please ask to confirm allergens

Children's maple syrup & seasonal fruit pancakes	6.5
Children's breakfast brioche bap (Chart Farm smoked bacon or veggie sausage)	6.5
Two poached eggs on toast	7.5

Fully licensed from 11am Saturday & Sunday

Brunch fizz

90 minutes bottomless on brunch fizz	33
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
Westerham Brewery beers: British Bulldog, or Bohemian Rhapsody	5.5
Bottled beers: Peroni, Desperado, 0%	5

Wines

all wines are available in 125ml measures

White

	175ml	Bottle
Reserve Saint-Marc Sauvignon Blanc, France <i>Crisp, elderflower & citrus</i>	7	25
Percheron Chenin Blanc Viognier, S Africa <i>Vibrant, light peach & clean finish</i>	8	29
Chablis Domaine Fournillon, France <i>Mineral, green apple</i>	44	

Red

Calusari Pinot Noir, Romania <i>Soft red berry fruits, vanilla</i>	7	25
Sottano Malbec, Argentina <i>Rich dark fruits, chocolate</i>	9	35
Luis Canas Crianza Rioja, Spain <i>Upfront spice, softening to smooth cherry</i>	44	

Rose

Rose Le Versant Grenache, France <i>Red berries, green apple</i>	8	28
Whispering Angel, Provence, France <i>Light, delicate, soft & complex summer fruits</i>	49	

Sparkling

Cielo Prosecco (Nosecco also available) <i>Fresh, floral, apple & pear</i>	7	28
Bolney Estate <i>Delicate, well-balanced English sparkling</i>	55	
Louis Roederer Brut NV Champagne France <i>Elegant, toasty brioche with citrus notes</i>	90	

Mocktails

Ginger kombucha & cranberry sparkle	8
Nojito: soda, mint, lime, sugar, non-alc rum	8
Hugo: elderflower, nosecco, sparkling water	8

LIFE ^{ON} HIGH

WEEKEND BRUNCH MENU

DAY, TIME

A specialty coffee and pro-plant café with a wholesome and sustainable menu

NIGHT, LIFE

A restaurant, bar, club & private hire space

Thursday & Friday from 5pm

Sharing plates. Cocktails. DJ on Fridays

Saturday night: events & private hire
(see Board for events & Eventbrite for tickets)

Night & Day, people make the party, so it's all about the crowd; customers, our team & the community, and doing what we can to contribute to Life on the High Street.

Life on High, for short