



## BRUNCH

Breakfast is served daily until midday.

**Maison Heritage Freshly Baked Croissant\*** (V) ..... £ 1.50

An award-winning croissant served with butter.

\* Add Tiptree preserve for an extra 40p.

**Toasted Tea Cake** (V) ..... £ 1.95

**Warm Cheese Scone** (V) ..... £ 2.70

A warm baked cheese scone served with butter.

**Toasted Bloomer** (V) ..... £ 2.50

Two slices of our signature bloomer (choice of white or malted) served with butter and a choice of Tiptree preserve.

**Hot Mackenzies Bacon Bagel** ..... £ 3.25

MacKenzies smoked back bacon served warm inside a toasted bagel.

**Hot Sausage Bagel** ..... £ 3.25

An award-winning Speldhurst Farm (nr Tunbridge Wells, Kent) Cumberland sausage served warm inside a toasted bagel.

## SANDWICHES & BAGELS

Served on a choice of white or brown bloomer.

**Tuna Mayo** ..... £ 4.95

Dolphin-friendly, responsibly sourced pole and line caught tuna mixed with mayonnaise.

**Cheddar & Kentish Honey Roast Ham** ..... £ 4.95

Dorset Coastal cheddar with locally sourced Kentish honey roast ham.

**Houmous & Mediterranean Roasted Vegetables** (V) £ 4.95

Our home roasted Mediterranean vegetables with houmous.

**BLT** ..... £ 4.95

Mackenzies Yorkshire Bacon, heritage tomatoes, Kentish lettuce finished with mayonnaise. Served toasted.

**John Ross Jr Scottish Smoked Salmon & Cream Cheese** £ 6.95

The finest cuts of responsibly sourced smoked salmon with a generous serving of local cream cheese.

**Bagel with Tiptree Preserve** (V) ..... £ 2.50

A toasted bagel of your choice finished with butter and a choice of Tiptree preserve.

**Bagel and Local Cream Cheese** (V) ..... £ 3.00

A toasted bagel of your choice finished with a generous helping of locally sourced cream cheese.

**John Ross Jr Smoked Salmon & Cream Cheese Bagel** .. £ 5.45

John Ross Jr Aberdeen Award-winning Scottish Smoked Salmon with locally sourced cream cheese.

(V) Suitable for Vegetarians (V) Suitable for Vegans

## PANINI & HOT DISHES

Paninis finished with a garnish of sea salt Kent Crisps.

**Houmous & Mediterranean Roasted Vegetables** (V) .. £ 4.75

Our home roasted mediterranean vegetables with houmous.

**Cheddar & Kentish Honey Roast Ham** ..... £ 4.95

Dorset Coastal cheddar with locally sourced Kentish honey roast ham.

**Mozzarella & Sun-dried Tomatoes** (V) ..... £ 4.95

Mozzarella and Italian sun-dried tomatoes.

**Mozzarella & Mackenzies Bacon** ..... £ 4.95

Mozzarella and MacKenzies smoked back bacon.

**Brie, Bacon & Cranberry** ..... £ 5.15

Normandy brie, MacKenzies smoked back bacon and cranberry sauce.

**Tuna Melt** ..... £ 5.45

Pole and line caught tuna with melted Dorset Coastal cheddar.

## HOME-MADE SOUPS

Made in our kitchen! We also use Kentish produce when in season...

**Tomato & Basil** ..... £5.55

We sweat the onions in Kentish Coldpress rapeseed oil before adding fresh basil and tomatoes, we blend and season.

**Spiced Parsnip Soup** ..... £5.55

We roast the parsnips in Kentish coldpress rapeseed oil, local honey and middle eastern herbs until golden brown. We sweat the onions before adding vegetable stock and the roasted parsnips and simmer before seasoning and blending.

**Cauliflower Cheese Soup** ..... £5.55

We sweat the onions in Kentish coldpress rapeseed oil before adding fresh cauliflower, vegetable stock and blend. When we serve the soup we add extra mature West Country cheddar to taste.

**Proprietor's Choice** ..... from £5.55

A soup made fresh by our kitchen, using locally-sourced in season produce.

## JACKET POTATOES

Our Jacket potatoes are baked fresh in-house and sourced locally from farms in Kent & the South East. Served with a generous helping of Kentish salad with our signature balsamic dressing.

**Heinz Baked Beans** (V) ..... £ 4.95

Plain and simple, a locally sourced jacket potato with Heinz Baked Beans.

**Cheddar Cheese** (V) ..... £ 4.95

Plain and simple, a locally sourced jacket potato with Dorset Coastal Cheddar.

**Heinz Baked Beans & Cheddar Cheese** (V) ..... £ 5.25

Heinz Baked Beans and mature Dorset Coastal cheddar served on a locally sourced jacket potato.

**Houmous & Mediterranean Roast Vegetables** (V) .... £ 5.50

Our home roasted Mediterranean vegetables with houmous served on a locally sourced jacket potato.

**Tuna Mayonnaise** ..... £ 5.85

Dolphin-friendly, responsibly sourced pole and line caught tuna mixed with mayonnaise.

**Tuna Mayonnaise & Cheddar Cheese** ..... £ 6.05

Dolphin friendly, responsible sourced pole and line caught tuna mixed with mayonnaise finished with Dorset Coastal Cheddar cheese.

**Beef Chilli Con Carne** ..... £ 6.65

Lean beef chilli con carne served on a jacket potato.

**Beef Chilli Con Carne & Cheddar Cheese** ..... £ 6.85

Lean beef chilli con carne served on a jacket potato finished with Dorset Coastal Cheddar cheese.

Allergens menu and information available.

## CREAM TEA

### **Savoury Cream Tea** ..... £ 6.50

Enjoy two Cheese Scones fresh from the oven with local cream cheese, real ale chutney and a choice of tea.

### **Traditional Cream Tea** ..... £ 6.50

Enjoy two Scones fresh from the oven with Rodda's clotted cream, Tiptree preserve and a choice of tea.

### **Sparkling Cream Tea** ..... £ 9.50

Enjoy two Scones fresh from the oven with Rodda's clotted cream, Tiptree preserve, a choice of tea and a glass of Prosecco.

### **Kentish Fizz Cream Tea** ..... £ 10.50

Enjoy two Scones fresh from the oven with Rodda's clotted cream, Tiptree preserve, a choice of tea and a glass of Biddenden Gribble Bridge Kentish Fizz.

## HOT BEVERAGES

### **Espresso** .....£1.85

### **Doppio Espresso** ..... £2.25

### **Americano** .....£2.45

### **Cappuccino** .....£2.45

### **Latte** .....£2.45

### **Mocha** ..... £2.75

### **Hot Chocolate** .....£2.85

### **Spiced/Vanilla Chai** .....£2.85

### **Shot of Syrup** ..... £0.40

### **Yorkshire Tea (pot)** .....£1.95

### **Tea and the Gang Teas** .....£2.45

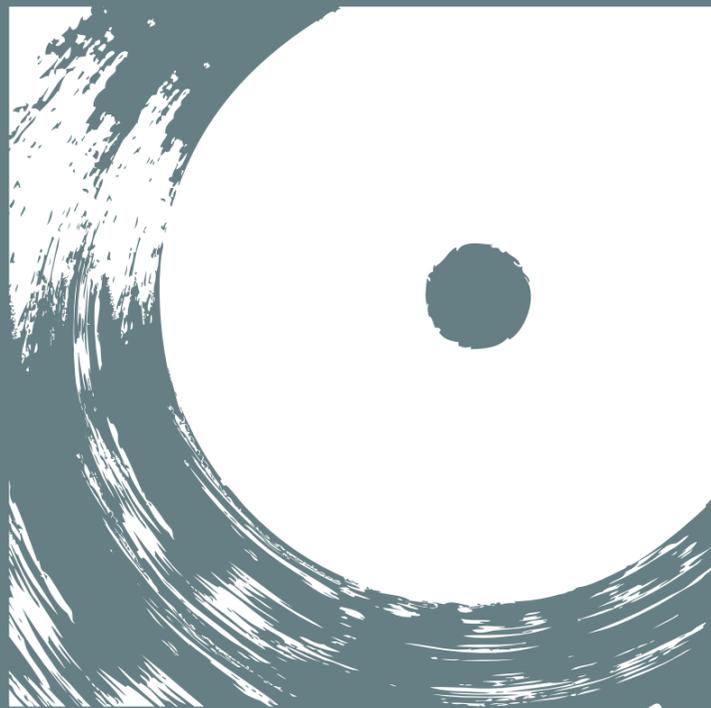
### **Cafeteria Coffee (two cups)** .....£3.80

### **Upgrade your drink!**

Add Soya/Almond Milk 20p; Decaf Coffee 25p;

Whipped Cream 30p; Marshmallows 20p; Mini Smarties 30p

See our **Cold Drinks** menu for soft drinks and more...



# CAFÉ NUCLEUS

## WINES BY THE GLASS

(Small 125ml / Medium 175ml / Large 250ml)

### **Merlot (Italy)** ..... £ 4.15 / £ 4.65 / 6.25

### **Pinot Grigio (Italy)** ..... £ 4.15 / £ 4.65 / 6.25

### **Sauvignon Blanc (Chile)** ..... £ 4.15 / £ 4.65 / 6.25

### **Pinot Grigio Blush (Italy)** ..... £ 4.15 / £ 4.65 / 6.25

### **Kentish Wine of the Week (Kent, UK)** £ 5.15 / £ 6.15 / 7.15

### **Chapel Down Union Red (Kent, UK)** £ 5.15 / £ 6.15 / 7.15

### **Chapel Down Bacchus (Kent, UK)** .... £ 5.15 / £ 6.15 / 7.15

### **Prosecco** 125ml glass ..... £5.50

### **Kentish Fizz of the Week** 125ml glass ..... £6.50

### **Champagne** 125ml glass ..... £8.50

Lanson Black Label, Champagne, France