



CAFÉ NUCLEUS

MENU

When you have selected your choices, please order at the counter. Thank you.



**WHY NOT VISIT OUR
GALLERY NEXT DOOR?
ADMISSION IS FREE!**

*Regularly changing exhibitions
feature a host of local, national and
international creative talent. Most
work is for sale, at affordable prices.*

Go on, treat yourself!

FROM TINY ACORNS MIGHTY OAK TREES GROW...

From field, boat, herd or flock we at Café Nucleus work with our suppliers and our supply chain to ensure we deliver the very best produce from traceable origins, predominately from farms and suppliers here in Kent.



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- ✓ Suitable for Vegetarians
 - ✓ Suitable for Vegans
 - ✓ Gluten-free/Gluten-free option available

BRUNCH *Available all day.*

Kentish Free-range Eggs on Toast £5.50

Two large Goose Farm Kentish free-range eggs cooked to your choice (poached, scrambled, fried or boiled) on a choice of white, malted or sourdough bloomer finished with a watercress garnish. **V GF**

Bacon Butty (or Sausage) £5.80

Two rashers of Mackenzies Yorkshire Smokehouse bacon on a choice of white or wholemeal bloomer. **GF**

Smashed Avocado w/Kentish Free-range Eggs £9.55

Two large Kentish free-range eggs cooked to your choice (poached, scrambled or fried) served on a bed of smashed Avocado choice of white, malted or sourdough bloomer finished with a watercress garnish and chia seeds. **GF V**

Avocado on Toast £8.85

Smashed Avocado on your choice of sourdough, white/malted bloomer or gluten-free bread with chilli flakes and mixed seeds finished with a pea-shoot garnish. **GF VE**

Full English £8.75

Two rashers of Mackenzies Yorkshire dry-cured bacon, two Speldhurst Kentish Cumberland sausages, two Kentish free-range fried eggs, Heinz Baked Beans, Doreen's Yorkshire black pudding, grilled cherry tomatoes on the vine and a choice of wholemeal or white toasted bloomer.

Healthy Option Breakfast £ 8.75

Two Linda McCartney sausages, fried field mushroom, grilled tomato, Heinz Baked Beans, two free-range fried eggs finished with a choice of white or wholemeal toasted bloomer. **V**

Vegan-friendly breakfast (with scrambled tofu) ... £8.75 **VE**

Scrambled Eggs & John Ross Jr Smoked Salmon ... £9.80

Toasted wholemeal bloomer with free-range Kentish scrambled eggs and waves of John Ross Jr Aberdeen Scottish Smoked Salmon. **GF**

Eggs Royale £10.95

A toasted English muffin served with John Ross Jr Aberdeen award-winning Smoked Salmon, poached eggs and hollandaise sauce.

Eggs Benedict £9.80

A toasted English muffin served with Mackenzies Yorkshire Smokehouse award-winning dry cured bacon, poached eggs, and hollandaise sauce.

Eggs Hebridean £9.80

A toasted English muffin served with Doreen's award-winning black pudding, poached eggs and hollandaise sauce.

LIGHTER BITES

Toast £3.50

Enjoy two slices of toasted white/malted/gluten-free bloomer with award-winning Netherend farm butter and a choice of tiptree preserve. **VE GF**

Crumpets £3.50

Enjoy three hot crumpets with award-winning Netherend Farm butter and a choice of tiptree preserve. **V**

Upgrade your breakfast to a Champagne or English/Italian Fizz Breakfast:

Add a glass of Tosti Prosecco £6.50

Add a glass of Mimosa £6.95

Add a glass of Kentish Sparkling Wine £7.50

Add a glass of Pommery Royal Brut £12.50

Add a glass of Perrier-Jouët Brut £12.50

SANDWICHES

Served on a choice of white or malted bloomer, finished with Kentish salad from Laurence J Bett/Walmestone Growers and Kent Crisps from Quex Park.

Houmous & Mediterranean Roasted Vegetables **VE GF** £6.25

Our home roasted Mediterranean vegetables with houmous.

Cheddar and Caramelised Red Onions £6.25

Dorset Coastal cheddar served with home-made caramelised red onion. **V GF**

Tuna Mayo £7.45

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

Cheddar & Kentish Honey Roast Ham £ 6.25

Dorset Coastal cheddar with locally sourced Kentish honey roast ham. **GF**

BLT £6.45

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

CLT £7.95

British Red Tractor slow roasted chicken breast served with Kentish leaves and tomatoes served on a choice of white/malted bloomer. **GF**

John Ross Jr Smoked Salmon & Cream Cheese £9.45

The finest cuts of responsibly sourced John Ross Jr Scottish smoked salmon with a generous serving of local cream cheese. **GF**

Salted Beef with Mustard Mayo £9.45

Salted beef peppered pastrami with mustard mayonnaise, dill pickles and watercress on a choice of white or malted bloomer. **GF**

PANINI

Cheddar & Kentish Honey Roast Ham £ 6.25

Dorset Coastal cheddar with locally sourced Kentish honey roast ham.

Emmental & Sun-dried Tomatoes £ 6.25

Emmental and Italian sun-dried tomatoes. **V**

Vegan Cheese & Sun Dried Tomatoes £ 6.25

Vegan-friendly cheese with Italian sun dried tomatoes. **V VE**

Emmental & Mackenzies Yorkshire Bacon £6.25

Emmental and Mackenzies Yorkshire bacon.

Brie, Bacon & Cranberry £ 6.55

Normandy Brie, Mackenzies Yorkshire bacon and cranberry sauce.

Goats Cheese & Caramelised Red Onions £ 6.55

French Chèvre Buche goats cheese served with a generous serving of caramelised red onions. **V**

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 £ 6.30

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

Cheddar Cheese £ 6.40

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

Heinz Baked Beans & Cheddar Cheese £ 7.00

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

Heinz Baked Beans & Vegan Cheese £ 7.00

Heinz Baked Beans and our grated vegan cheese served on a locally-sourced jacket potato. **VE GF**

Coleslaw £ 6.80

Home-made coleslaw made with local produce with free-range egg mayonnaise served on a locally-sourced jacket potato. **V GF**

Coleslaw and Cheese £ 7.00

Home-made coleslaw made with local produce with free-range egg mayonnaise with Dorset Coastal Cheddar served on a locally-sourced jacket potato. **V GF**

Houmous & Mediterranean Roast Vegetables £ 8.80

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

Tuna Mayonnaise £ 8.80

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

Tuna Mayonnaise & Cheddar Cheese £ 9.00

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

Beef Chilli Con Carne £ 8.80

Lean beef chilli con carne served on a jacket potato.

Beef Chilli Con Carne & Cheddar Cheese £ 9.00

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

Prawn Marie Rose £ 10.80

Large Icelandic North Atlantic cold water prawns served on a bed of our homemade marie rose sauce on a locally sourced jacket potato. **GF**

V Suitable for Vegetarians

VE Suitable for Vegans

GF Gluten-free/Gluten-free option available

AFTERNOON TEA*

Sandwiches (Cheddar & Caramelised Red Onions, Cucumber, Kentish Ham & English Mustard, Scottish Smoked Salmon & Cream Cheese) **followed with two scones, clotted cream, strawberry preserve and a selection of afternoon pastries... Delightful!**

With Tea for Two*	£ 28.50
Add a glass of Tosti Prosecco	£6.50
Add a glass of Mimosa	£6.95
Add a glass of Kentish Sparkling Wine	£7.50
Add a glass of Pommery Royal Brut	£12.50
Add a glass of Perrier-Jouët Brut	£12.50
Bottomless Prosecco Tea & Tea for Two*	£ 64.00
Bottomless Champagne Tea & Tea for Two**...	£ 80.00

* **GF** *Gluten-free option available by pre-booking only, £2.00pp supplement.*

** *1hr 30mins sitting, pre-booking only.*

DESSERTS

New York style Cheesecake	£6.95
Served with pistachio ice cream. V	
Key West Lime Pie	£6.95
Served with pistachio ice cream. V	
Pecan Pie	£7.95
Served with pistachio ice cream. V	

CREAM TEAS

Traditional Cream Tea (The smaller one)	£5.95
Enjoy one fruited scone fresh from the oven with Rodda's clotted cream, Tiptree strawberry preserve and a choice of tea. V	
Traditional Cream Tea	£6.95
Enjoy two fruited scones fresh from the oven with Rodda's clotted cream, Tiptree strawberry preserve and a choice of tea. V	
Sparkling Cream Tea	£11.95
Enjoy 2 Scones fresh from the oven with Rodda's clotted cream, Tiptree strawberry preserve, a choice of tea and a glass of Prosecco. V	
Kentish Fizz Cream Tea	£12.95
Enjoy 2 Scones fresh from the oven with Rodda's clotted cream, Tiptree strawberry preserve, a choice of tea and a glass of Chapel Down brut sparkling Kentish fizz. V	

COLD PLATES

Houmous & Mediterranean Roasted Vegetable Salad £9.50

Our home roasted Mediterranean vegetables with houmous served on a bed of Kentish salad with our signature balsamic dressing and a choice of white or malted bloomer. **GF** **VE**

Tofu Salad £9.95

Kentish leaves, baby beetroot, vine cherry tomatoes with a sesame and soya dressing finished with a sprinkling of sesame seeds and fresh lime. **GF** **VE**

John Ross Jr Smoked Salmon Salad £11.50

Waves of John Ross Jr Scottish smoked salmon with Kentish mixed leaves, tomatoes, cucumber and our signature dressing. Served with malted bloomer. **GF**

Nucleus Ploughmans

A generous chunk of cheese (as below), pickled onions and chutneys served with a side of Kentish Salad, white or malted bloomer. **GF**

Matured Dorset Coastal Cheddar Cheese **V £8.95**

Normandy Brie **V £8.95**

Kentish Blue **V £9.95**

Hinxden's Tam's Tipple **V £9.95**

Add our Kentish honey roast ham £1.00

Signature Cheeseboard £9.85

Tam's Tipple (unpasteurised) - Kent, Hinxden Farm; Coastal Cheddar - Dorset, Fords Farm; Kentish Blue (unpasteurised) - Kent, Kingcott Dairy. Served with celery, a selection of crackers, chutneys and butter. **V**

Barrel Aged Feta Salad £9.95

Kentish leaves, baby beetroot and barrel aged feta finished with mixed seeds. **GF** **V**

VE without Cheese £8.95 / with Vegan Cheese £9.95

Halloumi, Avocado & Lime Salad £9.95

Kentish leaves, smashed avocado, grilled halloumi finished

V Suitable for Vegetarians

VE Suitable for Vegans

GF Gluten-free/Gluten-free option available

HOT PLATES

Chips £ 3.25

Plain & Simple. Locally sourced chips. **VE**

Homemade Soup from £ 6.50

Seasonal flavours, please check counter.

Chilli Con Carne £ 10.25

Lean beef chilli con carne served with rice and a side of Dorset Coastal Cheddar.

Croque Monsieur* £ 9.25

A French classic! A grilled ham and emmental cheese toastie topped with béchamel.

*** Make it a Madame (add a fried egg on top) for £1.00 extra**

Croque Smoked Salmon £ 11.25

A grilled John Ross Jr Scottish smoked salmon and emmental cheese toastie topped with béchamel.

Kentish Honey Roast Ham, Eggs & Chips £9.95

A generous serving of Kentish Honey Roast ham, fried Eggs and Chips. **GF**

6oz Flame-cooked Beef Burger & Chips** £ 11.50

Enjoy our 6oz* flame cooked burger in brioche bun served with Kentish salad and our signature chips.

Add cheese for an extra 50p

****uncooked weight.**

V Suitable for Vegetarians

VE Suitable for Vegans

GF Gluten-free/Gluten-free option available

COLD BEVERAGES

Coca Cola (Glass Icon Bottle)	£ 2.60
Diet Coke (Glass Icon Bottle)	£ 2.35
Sprite (Glass Icon Bottle)	£ 2.60
Fevertree Tonics (Various Flavours)	£ 2.35
Fentimans (Various Flavours)	£ 2.90
Orangina (Glass Bottle)	£ 2.80
Still Spring Water	£ 2.20
Sparkling Spring Water	£ 2.20

FRUIT JUICE

Pago (Various Flavours)	£ 2.15
Biddenden Apple Juice	£ 2.85
Biddenden Pear Juice	£ 2.85
Biddenden's Red Love Apple Juice	£ 2.85
Freshly Squeezed Orange Juice	£ 3.85

REAL FRUIT SMOOTHIES

Banana & Strawberry	£4.20
Mango & Passionfruit	£4.20
Strawberry & Blueberry	£4.20
Mixed Berries	£4.20
Mango & Raspberry	£4.20
Kale, Spinach, Celery, Banana & Pineapple	£4.20

FRAPPÉS

Vanilla Frappé	£ 3.95
Vanilla seeds with crushed ice and milk.	
Strawberry Frappé	£3.95
Vanilla seeds, strawberry syrup with crushed ice and milk	
Caramel Frappé	£3.95
Vanilla seeds, caramel syrup with crushed ice and milk	
Chocolate Frappé	£ 3.95
Chocolate with crushed ice and milk.	
Caffe Latte Frappé	£ 4.15
Our signature espresso topped with vanilla seeds, crushed ice and milk.	
Kit-Kat Frappé	£ 4.65
Two Kit-Kat fingers with a dash of chocolate, vanilla seeds, crushed ice and milk.	
Add syrup to your Frappé for an extra 40p	

ICED COFFEES

Traditional Iced Coffee	£ 3.45
Double shot of our signature espresso, topped up with cold milk.	
Flavoured Iced Coffee	£ 3.95
Double shot of our signature espresso, topped up with cold milk and a shot of syrup of your choice.	

RED WINE 750ml Bottle

Merlot (Chile)	£18.95
Sangiovese Rubicone (Italy)	£18.95
Saint Laurand Rouge (France)	£18.95
Hush Heath Pinot Noir (Kent, UK)	£24.95
Chapel Down Union Red (Kent, UK)	£24.95

WHITE WINE 750ml Bottle

Pinot Grigio Single Vineyard (Hungary)	£18.95
Colombard Sauvignon Blanc (France)	£18.95
Chapel Down Bacchus (Kent, UK)	£24.95
Biddenden Gribble Bridge, Ortega Dry (Kent, UK)	£24.95
Chapel Down Flint Dry (Kent, UK)	£24.95
Sancerre Traditional 2016 (France)	£39.95
Cloudy Bay Sauvignon Blanc (New Zealand)	£42.99

ROSÉ WINE 750ml Bottle

Rose De Loire 2017 (France)	£18.95
Roller Girl White Zinfandel (USA)	£18.95
Hush Heath Rosé (Kent, UK)	£24.95
Biddenden Gribble Bridge Rose (Kent, UK)	£24.95

SPARKLING WINES

750ml Bottles

Tosti Prosecco Extra Dry (Veneto, Italy) **£24.95**

Fine, persistent, soft fizz surrounds the typical fruit spectrum of apple and pear with a hint of peach.

Chapel Down English Rose (Kent, UK) **£38.99**

An elegant English rosé fizz with delicate aromas of traditional red summer fruits. The definitive partner for smoked salmon.

Biddenden Pinot Reserve (Kent, UK) **£38.99**

A dry, fruity wine, rich and creamy with hints of brioche, good length and mousse. Made with carefully selected and delicately pressed Pinot Noir.

Hush Heath Leslie's Reserve (Kent, UK) **£38.99**

A delicious, traditional-method, English sparkling wine made from selected cuvées and blended for a young, fresh style.

Clean, varietal fruit character.

CHAMPAGNE

Champagne (Proprietor's choice) **£40.99**

Artisan Champagnes produced by award winning small suppliers, selection changes regularly - Please ask at the counter.

Louis Roederer Brut Premier NV (Champagne, France) **£61.99**

Award-winning Jean-Baptiste Lecaillon has created a fine fruitiness allied to maturity from a small addition of reserve wine making this a great choice for any occasion.

Please see 'The List' and our team for special wines available from our cellar.

COCKTAILS

CLASSIC

- Bloody Mary** £6.50
Stolichnaya vodka, tomato juice, tabasco, Worcestershire sauce, a squeeze of lemon juice, a dash of celery salt and fresh celery.
- Spicy Red Snapper** £6.50
Gordon's Gin, tomato juice, tabasco, Worcestershire sauce, a squeeze of lemon juice, a dash of celery salt and fresh celery.
- Manhattan** £7.95
Canadian Club Whisky, Martini Extra Dry, a dash of Angostura bitters shaken over ice and finished with Maraschino cherries.
- Margarita** £7.95
Montezuma Tequila, Giffard Curaçao Triple Sec shaken over ice with fresh lemon and lime juice.
- Espresso Martini** £7.95
Stolichnaya vodka, Volare Espresso Coffee Liqueur, fresh espresso shaken over ice with a dash of Gomme syrup.

SIGNATURE

- Long Island Iced Tea** £7.95
Westerhall Rum No.5, Stolichnaya vodka, Gordon's gin, Giffard Curaçao Triple Sec and Montezuma Tequila served over ice with fresh lemon and lime juice, Gomme syrup and topped Coca-Cola.
- Mojito** £7.95
Westerhall Rum No.5 muddled with fresh lime, mint, demerara sugar and a dash of cane sugar topped with soda water.
- Whiskey Sours** £7.95
Canadian Club Whisky, fresh lemon juice, egg whites (can be removed on request) and Gomme syrup. Served over ice.
- New York Sours** £7.95
Canadian Club Whisky, fresh lemon juice, egg whites (can be removed on request), Gomme syrup and a float of red wine. Served over ice.

CHAMPAGNE

- Classic Champagne Cocktail** £10.95
Cognac, sugar topped up with Champagne with a dash of bitters.
- Kir Royale** £10.95
Crème de cassis topped up with Champagne.
- Kir Imperial** £10.95
Chambord topped up with Champagne.
- Champagne Cocktail** £10.95
White sugar with Angostura bitters topped with the fizz of your choice.
- Champagne cocktails be made with either Lanson Black Label Champagne or our Kentish Fizz of the month.**

FIZZ

- Kir Royale** £6.95
Crème de cassis topped up with Prosecco.
- Peach Bellini** £6.95
Peach puree topped up with Prosecco.
- Elderflower Bellini** £6.95
Chase Elderflower liqueur topped up with Prosecco.

Don't see what you like? Just ask, if we have the ingredients we'll happily make the cocktail to your order.

ALLERGENS

Although every effort is made in our kitchen to reduce the possibilities of cross contamination, please beware our kitchen handles the following allergens:

Celery

Cereals containing gluten

Crustaceans

Eggs

Fish

Lupin

Milk

Mustard

Tree nuts

Peanuts

Sesame seeds

Soybeans

Sulphur dioxide and sulphites.

*Menu items marked with **GF** are as an advisory, our kitchen handles gluten and therefore isn't a gluten-free environment. We do prepare gluten-free dishes separately to those containing gluten.*

If you have a special dietary requirement or food intolerance please let a member of our team know. We have a full allergens breakdown available on request.

Our suppliers include:

Mackenzies Yorkshire Smokehouse, Blubberhouses, Yorkshire; Hinxden Farm Dairy, Benenden, Kent; Peck & Strong Bakery, Crediton, Devon; Jo's Cakes, Halling, Kent; John Ross Jr Aberdeen, Aberdeen, Scotland; Moors Organic, Teynham, Kent; Bells Village Bakery, Lazonby, Cumbria; Speldhurst Sausages, Tunbridge Wells, Kent; Maws for Fine Foods, Cranbrook, Kent; David Catt & Sons, Boughton Monchelsea, Kent; Hush Heath Estate, Staplehurst, Kent; Biddenden Vineyards, Biddenden, Kent; Chapel Down, Tenterden, Kent; Wilkins & Sons, Tiptree, Essex; Arthur Haigh, Dalton, Yorkshire; Court Farm Butchery and Country Larder, Halling, Rochester; Rj Kingslands & Sons, Maidstone.

HOT BEVERAGES

Espresso	£2.05
Doppio Espresso	£2.45
Americano	£2.65
Cappuccino	£2.65
Latte	£2.65
Vanilla Latte	£3.05
Caramel Latte	£3.05
Mocha	£2.95
Hot Chocolate	£3.05
Spiced/Vanilla Chai	£3.05
Shot of Syrup	£0.40
Yorkshire Tea (pot)	£2.15
Tea and the Gang Teas	£2.65

Upgrade your drink! Add Soya/Almond Milk 20p;
Coconut Milk 30p; Decaf Coffee 25p; Whipped Cream 30p;
Marshmallows 20p; Mini Smarties 40p.

WINE BY THE GLASS

Small 125ml / Medium 175ml / Large 250ml

RED

Merlot (Chile)	£4.90 / 5.60 / 7.15
Sangiovese Rubicone (Italy)	£4.90 / 5.60 / 7.15
Saint Laurand Rogue (France)	£4.90 / 5.60 / 7.15

WHITE

Pinot Grigio Single Vineyard (Hungary)	£4.90/5.60/7.15
Sauvignon Blanc (France)	£4.90 / 5.60 / 7.15
Chapel Down Bacchus (Kent, UK)	£5.90 / 7.10 / 8.10
Sancerre Traditional (France)	£10.00 / 12.50/13.50

ROSÉ

Rosé De Loire 2017 (France)	£4.90 / 5.60 / 7.15
Roller Girl White Zinfandel(USA)	£4.90 / 5.60 / 7.15

FIZZ

Glass of Prosecco 125ml glass	£6.50
Bottle of Prosecco 200ml bottle	£7.75
Glass of Kentish Fizz 125ml glass.....	£7.50
Chapel Down Three Graces 125ml glass	£9.50
Pommery Royal Brut 125ml glass	£12.50
Perrier-Jouët Brut 125ml glass	£12.50