



CAFÉ NUCLEUS



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Lounge Menu

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.*



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

BRUNCH

Enjoy a **FREE** award-winning Maison heritage croissant with any hot beverage purchase Monday to Friday before 10am.

Maison Heritage Freshly Baked Croissant* **V** . £ 1.60

Our award-winning croissants are selected by our Parisian head chef, they're exceptional croissant made with ingredients from France: such as French wheat flour, Brittany butter and Label Rouge eggs. The recipe contains sourdough, which guarantees unique flavors and aromas. The recipe dates back to the 1700's and they continue to be made in the traditional way.

* Add Tiptree preserve for an extra 40p.

Toasted Tea Cake **V £ 1.95**

Warm Cheese Scone **V £ 3.00**

A warm baked cheese scone served with butter.

Toast **GF **VE** £ 3.50**

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

Crumpets **V £ 3.50**

Enjoy three hot crumpets with award-winning Netherend farm butter and a choice of Tiptree preserve.

Hot Mackenzies Bacon Bagel £4.25

Two rashers of Award-winning Mackenzies Yorkshire 3mm thick back bacon served in a toasted bagel with a choice Tiptree sauces. **GF**

Hot Sausage Bagel £ 4.25

Two award-winning Speldhurst Farm (near Tunbridge Wells, Kent) Cumberland sausage served warm inside a toasted bagel with a choice Tiptree sauces.

Avocado on Toast **GF **VE** £8.55**

Smashed avocado on your choice of white/malted bloomer or gluten-free bread with chilli flakes and mixed seeds finished with a pea-shoot garnish.

PANINI

Paninis finished with a garnish of sea salt Kent Crisps.

Cheddar & Kentish Honey Roast Ham £ 6.25

Dorset Coastal cheddar with locally sourced Kentish honey roast ham.

Emmental & Sun-dried Tomatoes **V** £ 6.25

Emmental and Italian sun-dried tomatoes.

Vegan Cheese & Sun Dried Tomatoes **VE** £ 6.25

Vegan-friendly cheese with Italian sun dried tomatoes.

Emmental & Mackenzies Yorkshire Bacon £ 6.25

Emmental and MacKenzie's Yorkshire Smokehouse bacon.

Goats Cheese & Caramelised Red Onions **V** £ 6.55

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

Brie, Bacon & Cranberry £6.55

Normandy brie, MacKenzie's Yorkshire Smokehouse and cranberry sauce.

Salted Beef and Emmental £7.20

Kentish pasture reared salted beef, with tracklements mustard mayonnaise, melted Emmental and finished with a side crunchy cornichons.

Tuna Melt £ 7.50

Pole and line caught tuna with melted Dorset Coastal cheddar.

SANDWICHES & BAGELS

Served on a choice of white or brown bloomer.

Tuna Mayo **GF** £ 7.45

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

Cheddar & Kentish Honey Roast Ham **GF** £ 6.25

Dorset Coastal cheddar with locally sourced Kentish honey roast ham.

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

Our home roasted Mediterranean vegetables with houmous.

BLT **GF** £ 6.45

Mackenzie's Yorkshire Bacon, heritage tomatoes, Kentish lettuce finished with mayonnaise. Served toasted.

CLT **GF** £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 Scottish Smoked Salmon & Cream Cheese **GF** £ 8.75

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

Bagel with Tiptree Preserve **V** £ 3.30

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

Bagel and Local Cream Cheese **V** £ 3.80

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

John Ross Jr Smoked Salmon & Cream Cheese Bagel £ 7.50

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

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 **VE GF** £ 6.30

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

Cheddar Cheese **V GF** £ 6.40

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

Heinz Baked Beans & Cheddar Cheese **V GF** £ 7.00

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

Houmous & Mediterranean Roast Vegetables £ 8.80

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

Tuna Mayonnaise **GF** £ 8.80

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

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.

3 Beans Chilli **VE GF** £8.80

Our vegan three bean chilli served on a locally sourced jacket potato

3 Beans Chilli & Cheddar Cheese **VE GF** £9.00

Our vegan three bean chilli served on a locally sourced jacket potato with a side of Dorset coastal cheddar

3 Beans Chilli & Grated Vegan Cheddar **VE GF** £9.00

Our vegan three bean chilli served on a locally sourced jacket potato with a side of our vegan cheddar.

V Suitable for Vegetarians

VE Suitable for Vegans

GF Gluten-free/Gluten-free option available

HOT PLATES

Chilli Con Carne £ 10.25

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

3 Beans Chilli **V** **GF** £10.25

Our 3 bean chilli served with rice and a side of Dorset Coastal Cheddar

3 Beans Chilli **VE** **GF** £10.25

Our 3 bean chilli served with rice and a side of grated vegan cheddar

HOME-MADE SOUPS

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

Tomato & Basil **VE** £6.50

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

Spiced Parsnip Soup **V** £6.50

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 **VE** £6.50

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.

Spicy Chilli Bean **VE** £6.95

Our famous chilli bean soup made with a mixed of beans, sweet potato, red pepper, tomatoes and plenty of scotch bonnets.

Proprietor's Choice **VE** from £6.50

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

COLD PLATES

Coastal Cheddar Ploughmans £8.95

A generous chunk of Dorset Coastal Cheddar, Opies Kentish pickled onion and tracklement chutneys served with a side of Kentish Salad, white or malted bloomer. **GF V**

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**

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**

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 with mixed seeds and a lime, balsamic and Kentish rapeseed oil dressing. **V GF**

Add British Red Tractor slow-roasted cold chicken breast ... £2.00

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**

Savoury Cream Tea £6.95

Enjoy two Cheese Scones fresh from the oven with local cream cheese, tracklements chutney 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**

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.

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
Perrier-Jouët Brut 125ml glass	£12.50