

(Until 11.30)

#### Fruit & Granola

#### Red Berry Smoothie Bowl (vegan)

Mixed berries, toasted almonds, cacao nibs, vegan coconut vanilla yogurt with blueberries & banana <sup>N</sup>

£,7.50

#### Charred Pineapple (vegan)

Roasted pineapple wedge, vanilla vegan yogurt, raspberries, hemp seeds, spicy agave syrup

£7.00

# Very Berry Parfait

Mixed berries, Greek yogurt, granola, organic honey MK

*£*,7.25

#### Toast Corner

#### Avocado and Confit Tomato Toastie (vegan) Grilled sourdough bread, crushed avocado and coriander, confit cherry tomatoes <sup>G SF</sup>

£,7.25

# The Sage Bap

Smoked bacon, Cumberland sausage, fried egg, onion chutney, house spread <sup>GESF</sup>

£,5.50

#### Charred Vegetable Toastie (vegan)

toasted country style bread, charred vegetables, watercress oat spread, tomato & ginger relish <sup>G SF</sup>

£,7.50

Add Mozzarella £2.00  $^{MK}$  Add Baron Bigod Cheese or Sussex Charmer Cheese £3.00  $^{MK}$ 

#### Oats Corner

### Caramelised Banana & Blueberry Porridge

(vegan)

Steel cut oats cooked in oat milk, caramelised bananas, blueberries, toasted coconut flakes <sup>6</sup>

£,5.75

# Chocolate and Orange Porridge

(vegan)

steel cut oats cooked in cocoa oat milk, roasted hazelnuts, cacao nibs, orange segments <sup>GN</sup>

£.6.25

# The Sage's Specials

#### The Sage Scramble

Scrambled locally farmed hen eggs, green onion, mushrooms, green chili, coriander, pinch of turmeric, served over country style toast and charred tomato <sup>GE</sup>

£,7.00

# Green Goodness Bowl (vegan)

Wilted greens, sauteed broccolini and asparagus served over a bed of tri colour quinoa, plant-based "cheese"

£9.25

#### Full English Loaded Wrap

Scrambled locally farmed hen eggs, smoked bacon, farm sausage, grilled mushroom, masala baked bean spread  $^{GESFMK}$ 

€,8.50

#### Pancakes & Berries (vegan)

Fluffy vegan pancakes, mixed berry compote, oat crème fraiche and maple syrup <sup>6</sup>

£,8.00

# Allergens

Sulphites SF Molluscs Н Nuts **CL** Celery Fish **CR** Crustaceans Lupin MK Dairy L Egg Mu Mustard E Sesame Seeds S SS Soya G Gluten Peanuts G\* Can be made without gluten