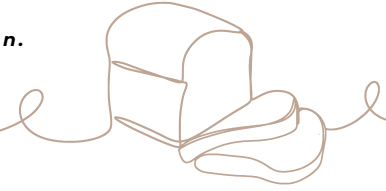


The Middle Menu

A brunch & lunch inspired menu... **Somewhere in between.**

Wednesday-Saturday | 12:00-15:30*



CHIMICHURRI CHICKEN FLATBREAD **DFO**

Free-range chicken breast -- buttermilk coated, floured and fried for an ultra-crispy coating. Inside a folded flame-charred flatbread, with chimichurri, homemade chunky tomato relish and a little lightly dressed baby leaf side salad 10.50

PULLED PORK BELLY TOASTIE **DFO GFO**

Our six-hour roasted butchers pork belly, shredded and pulled, with a dollop of homemade apple and walnut jam, a touch of pork crackling for gentle crunch, and a rich local cider-gravy on the side for dunking. Inside toasted local sourdough 10.50

BEET-CURED SALMON ON TOAST **GFO**

Fishmonger-fresh salmon fillet - salt-cured naturally on-site [gravlax style] with beetroot and finely sliced. With a Kentish cream cheese, on local griddled sourdough toast. Finished with a drizzle of basil dressing, and a handful of dressed baby leaves 10.75

ASPARAGUS FRITTER & EGGS **V DF GFO**

Wye asparagus and Kent baby spinach based fritters, gently grilled. With a vibrant beetroot tahini and two perfectly poached organic eggs. Finished with a light dressing of garlic and herb rapeseed oil 9.50

SEITAN CHIPOTLE 'CHICKEN' BUN **V VG DF**

Our homemade seitan, floured and fried for a **vegan** crispy 'chicken' substitute. With peppery Kentish rocket leaves and chipotle mayo in a soft 'brioche' bun 9.50

Don't
forget
sides.

Fries **V VG DF GF** 3.50

Sweet potato fries **V VG DF GF** 3.95

Thrice-cooked potato chunks **V VG DF GF** 3.95

Baby leaf salad with Kentish Oils garlic & herb rapeseed **V VG DF GF** 3.50

Roasted local radishes with chimichurri drizzle **V VG DF GF** 3.80

Chargrilled asparagus with whipped butterbeans **V VG DF GF** 4.70

Flame-grilled broccoli with a smokey-mustard marinade **V VG DF GF** 4.50

IMPORTANT ALLERGY INFORMATION

It's so important that we keep you safe. Most dishes include allergens, so our kitchen isn't free-from, meaning it's quite unsuitable for serious sufferers. We handle and store nuts and gluten. Be aware that although they shouldn't, the fish can sometimes contain small bones. **Allergen key:** **V-vegetarian**, **VG-vegan**, **GF-gluten free**, **DF - dairy free**, **VGQ-vegan option available**, **GFO-gluten free option available IF YOU ASK**. **GF** bread: +£1.