



# MENU

# LUNCH *Special*

Monday - Friday

Two Courses £10.95 *Items marked with\**

Three Courses £12.95 *Items marked with\**

Please advise a member of staff if in a hurry

## To Nibble

Marinated Olives	½ £2.95
Rustic Breads <i>with olive oil, balsamic vinegar and olives</i>	½ £4.95

## Starters

Homemade soup of the day <i>with artisan rustic bread and butter*</i>	£4.95
Chicken Liver, <i>sherry and balsamic parfait with crostini and local chutney *</i>	£5.95
Bruschetta, <i>three toppings of tomato, roasted peppers and mushroom on toasted sourdough</i>	½ £5.95
Veggie Mezze, <i>sharing dish of marinated roasted peppers, tzatziki, harissa houmous &amp; falafel with selection of breads</i>	½ £14.95
Crispy Calamari <i>tossed with garlic and parsley</i>	£5.95*

## Sandwiches and Salads

PANINIS	£4.75
<i>Choose from Tuna melt / Tomato &amp; mozzarella with pesto / Ham and cheese / Brie &amp; bacon with cranberry Served from the counter so great if you need a quick lunch</i>	

**SANDWICHES** Please see display fridge for today's choices

### DELUXE SANDWICHES

*Served with a choice of fries, dressed house salad or soup  
Sweet potato upgrade of 75p*

Palm Court Toasted BLT <i>Local smoked bacon, beef tomato, lettuce &amp; mayo.</i>	£7.95
Chicken Club, <i>chicken and avocado served on a trio of toast</i>	£7.95
Roasted Red Pepper & Avocado Salad <i>on warmed ciabatta with beetroot chutney</i>	½ £7.95
Homemade Chickpea Falafel <i>served in a warm pitta with houmous and sweet chilli sauce</i>	½ £7.95

### HOUSE SALADS

All £9.95

*Our House Wholefood Salad with seasonal leaves, roasted butternut  
squash, red pepper, quinoa, rice, pumpkin seeds with your choice of:*

Warmed Chicken and Bacon	
Warmed Sea Trout Fillet	
Goats Cheese <i>with a walnut honey glaze</i>	N V
Halloumi <i>with a ginger lime and tamari dressing</i>	V

Gluten free menu available

Vegetarian V Vegan V Contains nuts N

For our *Daily Specials*  
See specials board

## Mains

Palm Court Cordon Bleu, <i>Chicken breast stuffed with ham and cheese in a crispy crumb with salad and fries</i>	£9.95
Lime & Coriander Chicken Skewers, <i>With house salad served with fries</i>	£7.95*
Sea Trout Fillet, <i>With lemon &amp; parsley butter served with roasted veg &amp; crushed new potatoes</i>	£9.95
Vegetable Lasagne, <i>Roasted Mediterranean vegetables with Chef's silky bechamel sauce</i>	V £7.95*
Steak Burger, <i>beef tomato, relish, slaw and fries</i> <i>Add bacon £1.50 / add Sussex Charmer cheese £1.50</i>	£9.95
Chicken & Bacon Burger, <i>beef tomato, relish, slaw and fries</i> <i>Add bacon £1.50 / add Sussex Charmer cheese £1.50</i>	£9.95
Veggie Burger, <i>Halloumi, field mushroom, beef tomato, relish, slaw and fries</i>	V £9.95
Deep Filled Potato Skins (Vegetarian option available) <i>Served with seasonal salad leaves &amp; slaw</i>	V £6.95*
Homemade Quiche (Vegetarian option available) <i>Served with seasonal salad leaves &amp; slaw</i>	V £6.95*
Fish & Chips (Friday only) <i>Beer battered cod with chips, mashed peas &amp; tartare sauce</i>	V £9.95

## Sides

Trio of fries; <i>Roman, sweet potato and cowboy fries</i>	V £5.95
Fries V £2.95 · Sweet Potato Fries V £3.95 · Salad Bowl V £2.95	

## Afternoon 2pm to 5pm

Scone with Butter and Jam	V £2.40
Scone with Butter, Jam and Clotted Cream	V £3.50
PALM COURT CREAM TEA <i>Scone with jam, clotted cream and pot of tea</i>	V £5.50

AFTERNOON TEA	£10.95 per person
<i>Served on a traditional tea stand</i>	
<i>Selection of finger sandwiches, Coronation chicken, cucumber and cream cheese, egg mayonnaise, warmed scones with clotted cream and jam and a selection of cakes with a pot of tea</i>	

### For that special treat

DELUXE AFTERNOON TEA	£19.95 per person
<i>All of the above with the addition of hot savouries, individual handmade pastries and sweet treats and a glass of fine prosecco</i>	
(advance booking only - 48 hours notice)	

Vegetarian V Vegan Vc Contains nuts N

Please note an optional 10% service charge will be added to the bill for tables of 8 or more

# Drinks Menu

## WINE

175ML    CARAFE    BOTTLE  
250ML    75CL

### WHITE

House wine - Les Boules	£4.50	£5.95	£16.50
<i>Vermentino &amp; Sauvignon Blanc blend with floral &amp; citrus notes, unpretentious &amp; easy-drinking.</i>			
Pinot Grigio	£4.50	£5.95	£17.50
<i>Fresh, fruity and dry with nice weight &amp; a hint of spice &amp; lemon on the finish.</i>			
Oveja Negra Chardonnay/Viognier -	£4.75	£6.25	£18.50
<i>Wine maker's Selection 2013/2014 (Chile). A light, aromatic wine with tropical fruits, balanced by a touch of apricot, citrus &amp; a hint of green apple.</i>			
Secret Coast Sauvignon Blanc 2014	£4.95	£6.75	£19.95
<i>Fresh and well-rounded with flavours of gooseberry and citrus, a mineral complexity &amp; lingering finish.</i>			

### ROSE

House wine - Les Boules	£4.50	£5.95	£16.50
<i>Flavours of soft red fruits, rounded with fine acidity.</i>			
Sacchetto Pinot Grigio Blush 2014 (Italy)	£4.50	£5.95	£17.50
<i>A perfectly delicious, fresh and fruity blush with a delicate flavour and an off-dry finish.</i>			

### RED

House wine - Les Boules	£4.50	£5.95	£16.50
<i>Syrah &amp; Grenache blend a sturdy blackcurrant scented 'joie de vivre' wine.</i>			
Les Vignes Du Prince Cotes Du Rhone	£4.75	£6.50	£17.95
<i>A compote of forest fruits with ripe plums with notes of earthiness. The spices; white pepper, and cloves lends the wine a lovely depth. Full bodied in the mouth, with lots of fruit coating the palate that goes great with a roast dinner.</i>			
The Black Shiraz - Metal Label 2013 (Australia)	£4.95	£6.25	£19.50
<i>Ripe plums, black cherries and vanilla on the nose, flavours of intense berry and rich fruit cake character with layers of coffee &amp; toasty oak.</i>			
Dona Paula Estate Malbec 2013 (Argentina)			£19.95
<i>Aromas of black fruits, violets &amp; spices, soft tannins &amp; persistent finish. A multi gold medal award winning wine.</i>			
Ondarra Rioja Reserva 2009 (Spain)			£21.95
<i>A smooth, deep Rioja with elegant aromas where spicy earthy notes and liquorice dominate. Bursting with ripe black fruit and well integrated tannins, this is one to sit back with and savour.</i>			

### SPARKLING

	GLASS 125ML	BOTTLE 75CL
Fili Prosecco NV (Italy)	£4.95	£19.95
<i>Delightfully dry, fresh &amp; lively with a depth of fruit that is both rounded &amp; zesty.</i>		
Sacchetto Pino Blush Spumante NV (Italy)		£19.50
<i>Off dry, lightly sparkling with a floral &amp; fruity bouquet and a lingering finish.</i>		
Champagne - Moutard Grande Cuvee`		£29.95
<i>Full-bodied &amp; satisfying, aged for at least 3 years. It has a finely developed nose with fragrances of butter, almond &amp; brioche.</i>		

PLEASE NOTE DUE TO LICENSING CONDITIONS ALCOHOL CAN ONLY BE SERVED WITH FOOD

WINE IS ALSO AVAILABLE AS A 125ML MEASURE