



# SEASONS

BRASSERIE

## SEASONS MENU

SERVED DAILY FROM 11.30am



All our food is cooked to order, so at busy times there may be a wait, please bear with us!

Also, please note that it is difficult for us to split bills, we would prefer one bill per table - please ask before ordering if you require multiple bills. Thanks.

## Seasons Pastries, Scones and Teacakes

*Our pastries and scones are all cooked fresh and are subject to availability*

All butter croissant	£2.75
All butter pain au chocolat	£2.95
All butter croissant with local jam	£3.25
<i>Seasons own and locally produced scones and tea cakes</i>	
Fruit tea cake	£2.25
Mature cheese scone	£2.95
Fruit and cinnamon scone	£2.95
Lemon meringue scone with lemon curd and clotted cream	£3.95
Add a portion of local jam	£0.50
Pecan and smoked applewood cheese scone with onion chutney	£3.50

## Jacket Potatoes, Toasties or Fresh Rolls

**Served daily from 11.30am to 5.00pm.**

*Choose from jacket potato (large and crispy, baked in our oven) a yummy toastie, a soft artisan roll, a sliced granary bloomer or our new fresh salad with vine leaves and balsamic onions and then choose your filling. Served with hand cut crisps, Seasons coleslaw, salad garnish and honey mustard dressing.*

Plain cheese toastie	£6.95
Chorizo and cheddar cheese	£7.85
Smoked applewood cheese and mushrooms	£7.85
Classic tuna mayo and cheese	£7.85
Smoked bacon and brie	£7.85
Smoked bacon, cheese and tomatoes	£7.85
Guacamole, roasted tricolour pepper and toasted super seeds - <i>vegan</i>	£8.00
Houmous and sundried pesto with peppers and pine nuts - <i>vegetarian</i>	£8.00
Sterling Farm free range sausage, caramelised onions and red onion chutney	£8.20
Smoked salmon and cream cheese	£8.20
Local smoked mackerel and lemon parsley mayo	£8.20
Prawns and crayfish in a Marie Rose sauce	£8.20
Ham, wholegrain mustard and cheddar	£8.20
Local Eastbourne crab with herbed butter	£9.75
Add mature grated cheese <i>OR</i> add onion marmalade	each £0.65

## Seasons Snacks, Lighter Bites and Bar Bites

<b>Wasabi peanuts, cashew nuts and almonds</b>	<b>£2.95</b>
<b>Smoked and roasted cashew nuts, almonds and peanuts</b>	<b>£2.95</b>
<b>Mixed olives</b>	<b>£3.00</b>
<b>Balsamic onion mini skewers</b> with chorizo and smoked cheese	<b>£3.00</b>
<b>Houmous</b> with toasted seeds, roasted peppers and pesto served with crispy tortilla wedges	<b>£5.95</b>
<b>Seasonal soup</b> with a mini granary loaf or a savoury muffin and herbed butter	<b>£6.25</b>
<b>Nachos</b> with guacamole, salsa, mature cheddar and crème fraîche	<b>£6.25</b>
<b>Salmon and crab pâté</b> with granary bloomer slices and cucumber pickle	<b>£6.50</b>
<b>Fish platter</b> with a selection of smoked fish, seafood, mini granary loaf and salad garnish	<b>£9.50</b>
<b>Mixed antipasti board</b> with a selection of cheeses, nuts, roasted peppers, balsamic onions, feta pastry and houmous	<b>£9.50</b>

## Seasons Side Dishes

<b>Smoked paprika mayonnaise</b>	<b>£1.10</b>
<b>Homemade coleslaw</b> with mustard	<b>£2.45</b>
<b>Seasons guacomole</b>	<b>£3.25</b>
<b>Cheesy garlic bread</b>	<b>£3.45</b>
<b>Sweet potato fries</b>	<b>£3.45</b>
<b>Chunky, twice-cooked, skin-on chips</b>	<b>£3.45</b>
<b>Crispy cajun wedges</b> with crème fraîche	<b>£4.25</b>
<b>Side-salad</b> with mixed leaves, cherry tomatoes, mixed peppers and cucumber and a handmade honey and mustard dressing	<b>£4.25</b>

**Please check out our daily 'Seasons Specials' board  
and ask us for our Drinks menus.**

## Seasons Main Dishes

**Served daily from 12 noon.**

**A daily changing flavour of vegetarian quiche, handmade in Seasons**

served hot or cold, with antipasti, pickles, salad and homemade Seasons coleslaw.

*Please ask for details*

**£7.95**

**Oven roasted vegetable lasagne** with salad and cheesy garlic bread - *vegetarian*

**£9.50**

**Ploughman's salad** with handcut ham, smoked cheese, luxury pickles, coleslaw and a mini granary loaf

**£9.75**

**Seasons creamy chicken pie** with new potatoes, carrots, peas and gravy

**£10.95**

**Sweetcorn and chickpea burger** in a fresh artisan roll, served with skin on chunky chips or sweet potato fries, salad and salsa - *vegan*

**£10.95**

**Two grilled chicken skewers** in our special marinade served with Cajun wedges and a pot of special handmade sauce

**£10.95**

**Freshly cooked calamari** with sweet potato fries, fresh salad and smoked paprika aioli

**£11.50**

**Local fish goujons** served with skin on wedges and topped with handmade tartar sauce and peas

**£11.95**

**6oz handmade local beef burger** in a fresh brioche or focaccia roll served with skin on chunky chips or sweet potato fries, salad garnish, homemade bbq sauce and mature cheese.

**£11.95**

**Add smoked applewood cheese, buttered mushrooms, smoked bacon OR brie**

**each £1.25**

**Dressed, fresh, Eastbourne crab** with a mini granary loaf and lemon mayo and salad.

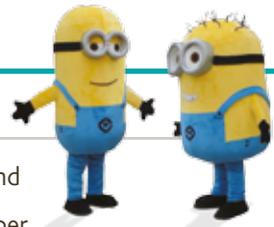
**£14.50**

### IMPORTANT CROSS-CONTAMINATION AND ALLERGEN MENU INFORMATION:

Within our kitchens we handle food products containing peanuts, tree nuts, sesame, fish, egg, molluscs, crustaceans, milk, cereals containing gluten, celery, soya, mustard, sulphites, lupin and derivatives of these allergens. It is impossible to fully guarantee separation of these allergens at anywhere allergens are present therefore there is a risk that ingredients used in your meal may have accidentally come into contact with an undeclared allergen (including tree nuts and peanuts) at any point in time, leading to cross-contamination.

**If you have a food allergy or intolerance, please let us know before ordering.**

Allergen information for food and drink is available, upon request.



## Seasons Children's Menu

<b>Half a sandwich</b> served with a small salad, hand cut crisps and either apple juice, water or squash, choose from ham, cucumber and cream cheese or tuna mayonnaise	<b>£5.10</b>
<b>Seasons macaroni cheese</b> served with a salad garnish and chips	<b>£5.95</b>
<b>Smoked bacon, local sausage, granary toast and beans</b>	<b>£5.95</b>
<b>Fish finger sandwich</b> with chips and peas	<b>£5.95</b>
<b>Roasted vegetable muffin</b> with cheese served with a ham salad	<b>£5.95</b>

## Seasons Handmade Dessert Menu

We make all of our fresh desserts in-house and use the best seasonal ingredients where possible. Also, please check our **Specials Board** as it changes daily!

<b>Bakewell tart</b> with vanilla ice cream	<b>£4.95</b>
<b>Handcrafted Pecan pie</b> with double cream	<b>£4.95</b>
<b>Handmade elderflower syrup sponge</b> finished with a tangy fruit compote and clotted cream	<b>£5.50</b>
<b>Gluten free Belgium dark chocolate almond torte</b> served with chocolate ice cream and nut brittle	<b>£5.75</b>

### **Local, Artisan Ice Cream** *Served all day*

#### **3 scoops of artisan ice cream**

Choose from: Butterscotch, Chocolate, Mango, Mint Choc Chip, Berry cheesecake or Vanilla. Please ask for other **Specials**, available daily.

**£4.95**

Please leave us your email to receive regular news and updates from Seasons

## Seasons Tray Bakes and Cakes

All made in-house by our Seasons staff - please see our deli fridge for our Specials selection which changes daily.

<b>Pain au Chocolat slice</b> with golden syrup, Belgian chocolate, coconut and pecans	<b>£3.00</b>
<b>Heavenly Honeycomb Crunchies</b> with Belgian milk chocolate <i>Gluten Free</i>	<b>£3.00</b>
<b>The Sultans Rosewater Rocky Road</b> with toasted pistachio nuts <i>Gluten Free</i>	<b>£3.00</b>
<b>Cranberry Sensation</b> layered with milk and white Belgian chocolate <i>Low gluten</i>	<b>£3.00</b>
<b>Peanut Butter Oatie</b> with Belgian milk chocolate	<b>£3.00</b>
<b>Flapjack Triangles</b> , <i>daily flavours</i>	<b>£3.00</b>
<b>Handmade Double-layered cakes</b> <i>Please ask for today's selections</i>	<b>£3.95</b>
<b>Add our award winning ice cream or single cream</b>	<b>£1.00</b>

## Seasons Afternoon Teas

### Traditional Cream Tea

Freshly baked, handmade fruit scone, clotted cream,  
local jam and butter, served with a pot of tea

**£6.75**

### Savoury Cream Tea

Freshly baked, handmade cheese scone, onion chutney,  
local cheese and butter, served with a pot of tea

**£6.75**

### The Seasons Afternoon Tea (*pre-ordered only*)

Two fruit scones with clotted cream and local jam.  
A selection of mini sponges and seasonal delicacies.  
A selection of finger sandwiches and mini salad.  
Served with a pot of your choice of tea or coffee.

**for one person: £16.50**

**for two to share: £31.00**

Please check out our apple crate shelves to discover our speciality  
range of retail wines and our artisan foods and drinks