

Brunch at 140 served all day

One Forty 'Full' Breakfast	£9.95
2 rashers bacon, 2 sausages, 2 eggs of your choice, tomato, mushrooms and 2 slices of toast with marmalade/jam	
One Forty 'Dainty' Breakfast	£7.50
As above but 1's not 2's	
Full Healthy Breakfast (GF) (V)	£9.95
2 potato rosti, 2 poached eggs, crushed avocado, fresh salsa, hummus, grilled halloumi	
Dainty Healthy Breakfast (GF) (V)	£7.50
As above but 1's not 2's	
Bacon Bap with or without fried onions	£5.50
Add fried egg	+£1.00
Sausage Bap with or without fried onions	£5.95
Add fried egg	+£1.00
Toasted Teacake with butter and jam	£3.25
Creamy Scrambled Eggs with slices of oak smoked salmon and wholemeal toast	£10.95
One Forty Granola The best homemade toasted oats and dried fruit, honey & Greek yoghurt	£6.95

140 Classics

The One Forty Burger	£11.95
Homemade beef burger with pancetta, Swiss cheese & onion served on a toasted brioche and served with fries & coleslaw	
Oak Smoked Salmon & Poached Eggs (GF)	£12.50
With potato rosti & rocket	
Croque Monsieur or Madame (with an egg)	
Gammon ham, gruyère cheese topped with béchamel sauce and grated gruyère	Monsieur £9.95 Madame £10.95
Panzanella Salad	£10.95
Mixed tomatoes, ciabatta, basil & mozzarella	
Chicken Feta Patties	£11.95
Chicken, feta and spinach patties coated in sesame seeds served with lemon mayo, fries & salad	
Grilled Field Mushrooms (GF) (V)	£10.95
Topped with caramelised red onions, sun blushed tomato and grilled goats cheese served with a green salad & roast vine tomatoes	

Extras Served only with one of the above courses

Fries	£2.95
Mixed Side Salad	£3.95

Check the blackboard for our SPECIALS

140 SALADS

Superfood Salad (GF) (V)	£10.95
Avocado, quinoa, tenderstem broccoli, soya beans, mint, pomegranate & pumpkin seeds with a citrus dressing	
Mexican Griddled Chicken Salad	£12.95
With roasted sweet potato, avocado, coriander, spinach, quinoa & homemade chipotle mayo	
Warm Roasted Butternut Squash Salad (V)	£10.95
With feta, toasted almonds and maple dressing served with crusty bread	

140 SANDWICHES

Served with lightly salted Tyrell's crisps
Sandwiches below are available on wholemeal, white, granary, gluten free bread or a wrap

Chicken, Pancetta & Avocado	£8.25
With mayonnaise & salad leaves	
Egg Mayonnaise (V)	£6.50
With tomatoes & chives	
Ham Hock & Sussex Charmer Cheese	£7.95
With red onion chutney, sun-blushed tomatoes & spinach	
Smoked Salmon & Cream Cheese Bagel	£7.95

Children's Menu (12 yrs and under)

Heinz Tomato Soup	£4.75
With a choice of bread	
Kid's Breakfast mini sausages, scrambled eggs, bacon, baked beans & a slice of toast	£5.95
Mini Sausages	£5.95
With carrot sticks & fries & ketchup	
Penne Pasta Homemade tomato sauce & grated cheese	£5.95
Kids Sandwiches Ham or cheese, served with carrot sticks & Hula Hoops	£4.50
Fish Fingers Fries & baked beans	5.95
Fruit Juice - Orange or apple,	£1.25
Cawstons Apple & Pear,	£1.45
Apple & Summer Berries	

Great food takes time to prepare. We make everything in our tiny kitchen using fresh, locally sourced products.
At busy times there can be a delay whilst your food is being prepared so if you are short of time please check how long food will take when you are ordering. Many thanks

*We cannot guarantee the absence of nut traces in any of these dishes

www.oneforty.co.uk