

Breakfast at Louma

COLD DISHES

Mixed nut granola **Se Tn G**

Charcuterie

Fruit platter

Cheese **D**

Yogurt or Kefir **D**

HOT DISHES

Porridge with honey and blueberry compote

Eggs Benedict with spinach, ham or salmon **D G E**

Light Sussex eggs **E**

Louma Sausage **Su**

Dry-cured, smoked back bacon

Heritage tomatoes

Homemade baked beans

Chestnut mushrooms

Shakshuka with scrambled tofu (VG)

PASTRIES

Croissants **D G**

Pain au chocolate **D G**

Sourdough with butter, Louma jam or marmalade **D**

JUICES

Green juice boost apples, kale, ginger, chard and spinach

Kombucha infused with strawberries and thyme

Estate pressed apple juice

Milk, raw or pasteurised **D**



Our menus are dictated by our land, the sea and the season. We aim to source the freshest, brightest ingredients available on the day. As such, there might be a few tweaks and changes, but we endeavour not to stray too far from the brief!

V: Vegetarian VG: Vegan C: Celery G: Gluten Cr: Crustaceans E: Egg F: Fish L: Lupin D: Dairy/Milk Mo: Molluscs Mu: Mustard
 Pn: Peanut Se: Sesame S: Soybeans Su: Sulphites Tn: Treenuts

Please let us know if you have any allergies or dietary requirements, our dishes are made here and may contain trace ingredients.