

MENU

£7

Selection of salads

Harissa roast chicken

Chicken breast marinated in a North African blend of herbs and spices, then roasted with a little honey

Sumac Roast Salmon

Whole salmon sides marinated with this delicious Middle Eastern ground berry with natural citrus flavors, roasted and then flaked

Sulston's Kitchen signature baked falafels

Our secret blend of herbs, spices and chickpeas baked to create a delicious healthy alternative to the traditional deep fried falafel

Lentil salad

Lentils, Beetroot, feta, tomatoes, broad beans and pumpkin seeds

Quinoa salad

Quinoa, blueberries, broccoli, butternut squash and asparagus

Mixed leaves

Dressed summer leaves and herbs

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£2.50

Banana Bread

Our signature gluten and dairy free banana bread

£2.50

Chocolate and hemp flapjack

Cold pressed Sussex hemp with raw chocolate, dates and cacao nibs

£3

Kentish Strawberries

Strawberries & natural yoghurt with vanilla and our signature granola

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£3

La Joyeria Colombian coffee

Roasted in small batches by Garage Coffee in Canterbury this coffee is packed full of sumptuous rich flavors of dark chocolate and figs, celebrating Colombian beans at their best.

£2

Pluckley tea

The Kent & Sussex Tea Company's special Kentish blend of Tea.

£2.50

Selection of infusions

Green tea, peppermint, rooibos, chamomile and earl grey

All served with a choice of soy, almond, coconut or semi skimmed milk



SULSTON'S
KITCHEN

A little bit about us:

***We strive to make healthy food tasty, we don't use any refined sugars or nasty oils.
We use honey as a natural sweetener and we use coconut oil in our flapjacks and granola.***

If you have any questions about allergies or intolerances please ask our friendly staff