



PRE ORDERED TAKEAWAY AND FRIDAY DELIVERY MENU

Open Thursday 11-3pm • Friday 11-7pm • Saturday 9-3pm
34 Grove Road, Eastbourne, BN21 4TR • info@theartthouse.info

Some of our food does contain nuts so please message or speak with a member of staff if you have ANY allergies. Also our gluten free food is NOT made in a gluten free kitchen apart from our cakes so please bear this in mind if you have a gluten intolerant medical condition.

SANDWICHES AND LIGHT BITES



TOASTED SANDWICH

- Bacon, brie, and cranberry £7
- Parma ham, brie, and onion chutney £7
- Mozarella, tomato, basil, and pesto £7
- Roasted vegetable and hummus £7
- Vegan nut roast sausage roll (VG) £3.50
- Mushroom and red onion bourek (stuffed pastry). £3.50
- Spinach and feta bourek (stuffed pastry) . . £3.50

CAKES



- Salted chocolate caramel brownie, Nutella donut, Biscotti donut £3
- Chocolate salted caramel cake, Lemon drizzle cake, Lemon meringue tarts, Carrot cake (VG & GF) £4

CHILDREN'S MENU



- Meze plate** - Ham/cheese, tomato, cucumber, carrot, humus, pita, fruit, crisps, and yoghurt £5
- Counter Choice** - Child's portion from the counter, with 1 main and 2 salad choices . . £5
- Sandwich** - Ham or cheese, jam or marmite with crisps, crudité's, fruit, and yoghurt . . £5
- Pita Pizzas** - Make your own from ham, cheese, pineapple, olives, peppers, with crudites, Fruit, crisps, and yoghurt £5

DRINKS



- Coffee £2.50
- Soft drinks £2
- Iced Coffee £3.50

FRESHLY PRESSED JUICE

- Breakfast Zinger** - Lemon, beetroot, carrot, and apple. £5
- Regenerate** - Carrot, apple, orange, and ginger £5
- Skinny Green** - Pineapple, cucumber, spinach, apple, and lime £5
- Super Green** - Cucumber, spinach, kale, celery, avocado, hemp seeds, spirulina, and lemon £5.50

MILKSHAKES £4

- Strawberry & Cream, Vanilla & Oreo, Chocolate Salted Caramel, Chocolate Cookies, Mint Choc Chip.

SMOOTHIES (with fruit & apple juice) £4

- Red Berry** - Blackberry, strawberry, raspberry, blueberry, and banana.
- Green Goodness** - Avocado, spinach, pear, mint, green apple, and melon.
- Tropical Crush** - Passion fruit, papaya, mango, and pineapple.

SALAD BOWLS



- Beach bowl** (GF) £8.50
Roasted chicken breast, avocado, broccoli, feta, sweetcorn, squash, kale roasted cauliflower, and mediterranean chickpea.
- Green Goddess Bowl** (V) (GF) £8.50
Halloumi, avocado, poached eggs, roasted sweet potato, onions, gerkins, barley super salad, beetroot, and spinach.
- Falafel Superfoods Bowl** (VG) (GF) . . £8.50
Falafels, Mediterranean chickpea, roasted cauliflower, hummus, butternut squash, kale, beetroot & spinach, barley super salad.
- Omega 3 Bowl** (V) (GF) £8.50
Smoked salmon, avocado, poached eggs, broccoli, feta & sweetcorn, beetroot, spinach, and barley super salad.

- Vegan Salad Bowl** (VG) (GF) £8.50
Avocado, butternut squash, kale, beetroot, spinach, hummus, cauliflower, and chickpeas.
- Chicken Satay Salad** £8.50
Satay chicken, beetroot, spinach, roasted cauliflower, chickpeas, rice, roasted vegetables, and hummus.
- Chicken Burrito Bowl** £8.50
Roast chicken, roasted veg rice, tomato salsa, guacamole, sour cream, and salads.
- Halloumi Burrito Bowl** £8.50
Halloumi, roasted veg rice, tomato salsa, guacamole, sour cream, and salads
- Vegan Avocado Burrito Bowl** £8.50
Avocado, roasted veg rice, tomato salsa, guacamole, barley super salad.

SALAD BOXES



- Small Salad Box** (choose 3 salads) £5
Large Salad Box (choose 5 salads) £8

Extras for Large Salad box add 50p
for falafel, halloumi, smoked salmon, roasted chicken breast, avocado.

Salads to choose from...

- 1 Roasted broccili, feta, spinach, and sweetcorn
- 2 Butternut squash and kale (VG)
- 3 Roasted cauliflower and chickpea (VG)
- 4 Beetroot and Spinach (VG)
- 5 Rice and roasted vegetables (VG)
- 6 Barley super salad (VG)
- 7 Garlic potato salad
- 8 Sweet potato, onions, and gerkins (VG)
- 9 White cabbage slaw (VG)
- 10 Green salad (VG)

MAINS



- Feta, spinach, and sundried tomatoes quiche, and 3 salads £8.50
- Salmon and leek quiche, and 3 salads . £8.50
- Chicken satay (contains nuts), and 3 salads £8.50
- Lamb kofta and 3 salads £8.50
- Sweet potato curry and 3 salads £8.50
- Beef lasagne and 3 salads £8.50
- Vegetarian lasagne and 3 salads £8.50

- Chicken, leek & bacon tart and 3 salads £8.50
- Feta and roasted veg tart, and 3 salads £8.50
- Halloumi, tomato, and red onion tart, and 3 salads £8.50
- Frittata with roasted veg and cheese (GF), and 3 salads £8.50
- Chicken burrito and cheese, and 3 salads £8.50
- Halloumi burrito and 3 salads £8.50
- 5 Bean casserole and 3 salads £8.50

FRIDAY NIGHT MENU



5-7PM FOR COLLECTION OR DELIVERY

- Greek salad £6
- Barley super salad £6
- Pesto roasted baby potatoes £6
- Wasahbi crayfish bricohe £10
- Chicken satay pitta £9.50

- Lamb kofta pitta £9.50
- Roasted cauliflower pitta £9
- Beef baricos pitta £9.50
- Bannoffe pie £4
- Lemon merigune tart £4