Hot Drinks

Espresso	2.50 / 2.80 *(Single or Double)*
Macchiato	2.60 / 2.90 *(Single or Double)*
Cortado	3.20 *(one size)*
Long Black	3.50 *(one size)*
Americano	3.60 / 3.80 *(8oz or 12oz)*
Latte	3.70 / 3.90 *(8oz or 12oz)*
Cappuccino	3.70 / 3.90 *(8oz or 12oz)*
Flat White	3.60 (one size)
Mocha	3.90 / 4.10 *(8oz or 12oz)*
Hot Choc	3.70 / 3.90 *(8oz or 12oz)*
Chai Latte	3.90 *(one size)*
Matcha Latte	4.90
Teabag	2.50
Tea Pot	3.00 *(Please ask for tea blends)*

EXTRA SHOT / FLAVOUR SYRUP +0.50

ALT MILKS: OAT / ALMOND / COCONUT / SOYA +0.50

CREAM & MARSHMALLOW +0.50

NEW

WINTER SPECIALS



Banoffee Pie Latte 7.50

Maple & Sea Salt Hot Chocolate 6.50

Terry's Chocolate Orange Mocha 7.50

Red Velvet & White Chocolate Matcha 8.00

PROTEIN SHAKES

ULTIMATE Matcha

Ceremonial Grade Matcha, White Chocolate Protein Powder, Whole Milk | 9.00

Espresso

Espresso, Banana, Chocolate Whey Protein, Oat milk| 8.00

Peanut Butter

Peanut Butter, Banana, Dates, Vanilla Whey Protein & Almond Milk | 8.00

Berries & Cream

Mixed Berries, Berries & Cream Whey Protein, Coconut Milk | 7.50

Banana & Vanilla

Banana, Vanilla Essence, Banana Whey Protein & Almond Milk | 7.50

EST. 2020

Cold Drinks

Iced Coffee	4.00
Peach/Lemon Iced Tea	4.00
Coke/Diet Coke/Fanta	2.50
Lemon San Pellegrino	3.00
Orange/Apple Juice	2.80
South Downs Still/Spark Water	3.00

ICED MATCHA

Ube Iced Matcha	6.50
Blueberry / Strawberry/ Mango/ White Choc	5.50

MILKSHAKES | 7.50

Nutella, Hazelnuts & Whipped Cream

Biscoff, Caramel & Whipped Cream

Winter Berries & Whipped Cream

SMOOTHIES | 6.50

Berry Burst - Red Winter Berries & Banana

Super Green - Apple, Avo, Spinach & Lime

Passion - Mango, Passionfruit & Pineapple

Alcohol

SPARKLING/WHITE WINES

Pirani Cuvee Spumante	125ml £6.00 | Bottle £25
Art Series - Sauvignon Blanc	175ml £6.00 | Bottle £25
Cramele Recaș - Pinot Grigio	175ml £6.75 | Bottle £28

RED WINE

Art Series - Merlot	175ml £6.00 | Bottle £25
Cramele Recaș - Pinot Noir	175ml £7.75 | Bottle £32

ROSÉ

Writers Block - Pink Sauvignon	175ml £7.50 | Bottle £31
Club De Campo - Malbec Rosé	175ml £8.50 | Bottle £36

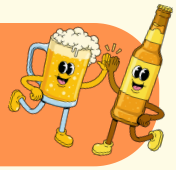
BEER/CIDER

Peroni	(330ml bottle) £5.00
0% Peroni	(330ml bottle) £5.00
Sassy Cider	(330ml bottle) £6.50

Tag us on socials

Harriets_co

Harrietsrustington



EVERYDAY MENU

AVAILABLE 7 DAYS A WEEK

PLEASE ADVISE US IF YOU HAVE ANY DIETARY REQUIREMENTS

SAVOURY

BACON BAP	6.00
SAUSAGE BAP	6.00
THREE CHEESE & PICKLE TOASTIE	8.50
SUNDRIED TOMATO, MOZZARELLA & BASIL PESTO TOASTIE	9.50
CROQUE MONSIEUR TOASTIE	9.75
BACON, BRIE & CRANBERRY TOASTIE	10.50
SAUSAGE, STILTON & CARAMELISED ONION TOASTIE	11.00

SWEET

PLAIN CROISSANT	2.50
CHOCOLATE TWIST	3.00
HAZELNUT & CUSTARD CROWN	3.50
PAIN AU RAISIN	3.50
ALMOND CROISSANT	4.50
ALMOND & COCONUT PAIN AU CHOCOLATE	4.50
BLACKBERRY DANISH	4.50
TOASTED TEACAKE (BUTTER & JAM/MARM)	4.50

EVERYDAY SPECIALS

Soup of the day 7.50
+ 1.50 for half a cheese toastie
(Please ask a member of staff)

Homemade Lasagna 13.50
(Served with garlic bread)



GYM FUEL

Available 7 days a week!

GRANOLA BOWL 6.50

Honey & Almond Granola, Greek Style Yoghurt, Blueberries & Banana
(Add Chocolate or Vanilla Whey Protein Powder +£1.50)
(400 cal, 10.5 protein, 8 fibre, 67 carb)

CHICKEN & AVOCADO SANDWICH 9.00

Roasted Chicken, Avocado, Spinach, Light Mayo on Granary
(520 cal, 38 protein, 48 carb, 7 fibre)

CHICKEN SHAWARMA BOWL 12.00

Chicken Shawarma, Quinoa, Spinach, Tomatoes, Greek Yogurt & Lime
(380 cal, 40 protein, 3 fibre, 25 carb)

SMOKED SALMON BOWL 13.00

Smoked Salmon, Quinoa, Avocado, Boiled Egg, Greek Yoghurt & Lemon
(495 cal, 35 protein, 4 fibre, 23 carb)

WEEKEND BREAKFAST CLUB

AVAILABLE EVERY FRIDAY, SATURDAY & SUNDAY

BIG BREAKFAST 15.00
Two Sausages, Two Bacon, Mushrooms, Tomato, Egg (Any Style), Baked Beans & Sourdough

SMASHED AVOCADO 14.50
Smashed Avo, Poached Egg, Hot Honeyed Halloumi, Slow Roasted Tomatoes on Sourdough (V)

CHICKEN & WAFFLES 15.50
Fried Chicken, Bacon, Fried Egg & Maple Syrup on Belgian Waffle.

EGGS ROYALE 16.00
Poached Eggs, Smoked Salmon, Sautéed Spinach, Hollandaise & Pumpkin Seeds on Crumpets

HARRIET'S DOUBLE SMASH BURGER 16.00
Harriet's Double Cheeseburger, Burger Sauce, Pickles & Fries

HARISSA SCRAMBLE TOFU 14.50
Scrambled Silk Tofu, Avocado & Harissa Onions on Sourdough (VE)

EGGS ON TOAST 6.50
Two Eggs (Any Style) on One Slice of Sourdough

BANOFFEE PIE PANCAKES 14.50
Caramelised Banana, Caramel Sauce, Biscoff Crumb, Whipped Cream

SIDES

FRIES	4.50
TRUFFLE & PARM FRIES	5.50
TRUFFLE & PARM MUSHROOM	4.50
HASH BROWNS	6.00
HALLOUMI FRIES & SWEET CHILLI SAUCE	7.50

EXTRAS

EGG	1.50
BACON (one rasher)	1.50
SAUSAGE	2.00
BEANS	1.50
MUSHROOMS	2.00
TOMATO	1.50
HASH BROWN	1.50ea
SMASHED AVO	3.00
HALLOUMI	3.50
SLICE OF SOURDOUGH	1.50