

breakfast served 10am until 4pm

mushrooms on toasted bread with ricotta	5.25
blenio full english breakfast,bacon,sausage,mushroom,tomatoes,sautéed potatoes,fried egg(sorry no variations)	6.00
scrambled egg on toasted muffin	4.75
pan-fried toasted brioche, drizzled with warm berry sauce	5.25
toast & homemade jam	2.00
croissants,pastries,tea cakes	various
muesli with berries, pear & yogurt	

sandwiches served 10am to 4pm

chicken caesar salad	4.50
goats cheese & mustard chutney v	
prawn & avocado	

hearty home made stews served 10am to 4pm

served with crusty bread & butter	6.50
meat stew or vegetable stew	

bistro dishes served 10 am to 10 pm

aubergine, oregano & tomato crumble served with mixed salad v	6.00
mushroom pasta farfale v	6.50
smoked haddock risotto	7.50
yellow fin tuna nicoise salad	7.50
moules marinière with french fries	7.90
blenio burger with homemade houmous & fries	8.50

starters served 10 am to 10 pm

cauliflower soup v	4.95
tomato filled with aubergine served with vegetable a la grec v	6.50
mackerel terrine served with homemade serenade	6.50
pan fried quail with a delicate chilli vinaigrette & green beans salad	6.95
tuna carpaccio with lime & honey dressing & herb salad	7.00

main course served 10 am to 10 pm

'sussex red' fillet of beef with wild mushrooms gratin & cocotte potatoes	18.50
slow cooked belly of pork & fondant potato	13.95
dover sole with prawn & lemon butter, spinach & mash potato	16.00
salmon served with caramelized chicory, crispy noodles & a red pepper sauce	12.50
ricotta & spinach cake with rosti potato & juicy braised tomatoes v	11.95
shitake mushroom on flageolet beans, with a light garlic juice & rice v	9.95

dishes on the side served 10 am to 10 pm

green beans v	2.50	mixed leaf salad v	2.50
olives v	1.70	carrot & Swede mash	2.50
selection of bread v	2.50	french fries v	2.50

puddings served 10 am to 10 pm

pineapple ravioli with strawberries & crème fraiche centre	lemon citrus cheesecake	5.95
sticky toffee pudding with a warm caramel sauce	blenio rice pudding	
raspberry & chocolate torte with mascarpone cream		

cheese board n served 10 am to 10 pm

We have lovely homemade carrot cake, toasted tea cakes and other sweet delights during the day, please ask !	7.00
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Please tell us of nut allergies or any other dietary requirements.

As our main course dishes are cooked to order, please be patient if not choosing a starter.....