

Lunch

SOUP OF THE DAY	8
Seasonal daily soup served with fresh brioche or rustic sourdough	
BUDDHA BOWL (VE) (DF) (GF) (S)	12.5
Wild quinoa with roasted chickpeas, edamame beans, avocado, cucumber, alfalfa sprouts drizzled with a tahini dressing	
FALAFEL SALAD (V) (S)	12
Roasted falafels, hummus, tzatziki, baby leaves, cucumber, cherry tomatoes, radishes, toasted seeds and a honey mustard dressing	
CHICKEN SATAY SALAD (GF) (N) (DF) (S)	14
Tender seared chicken breast served with a healthy rainbow salad, delicious satay sauce and topped with toasted peanuts	
BRIOCHE BEEF BURGER	14
Sussex beef, organic seeded brioche bun, emmenthal, gherkins, mustard mayo, smoked onions, slaw and skinny fries	
CURRIED HADDOCK GOUJONS (DF)	13
Light and crispy haddock goujons served with curried lemon mayo, skinny fries and fresh house babyleaf & cucumber salad	

SOURDOUGH TOASTIES

All served with skinny fries and fresh babyleaf cucumber salad

THE SMOKEY ONION	11
Organic sourdough toastie with oak smoked ham, mature cheddar, smoked onions and chilli jam	
THE CHEESY TUNA	11
Organic sourdough toastie with tuna and mayonnaise, mature cheddar, black olives and spring onions	
THE MEDITERRANEAN (V)*	11
Organic sourdough toastie with roasted mediterranean vegetables, feta and tomato chutney	
*Vegan Feta available on request	

Cafebar

MENU

Served 10am - 3pm

COCKTAILS

MANGO MARGERITA	10
Aged tequila, mango juice, orange liqueur, lime, habanero bitters & mild chilli salt rim	
BLOODY MARY	10
Vodka, organic tomato juice, lemon, habanero bitters, worcerstershire sauce, Salt & black pepper	
VANILLA ESPRESSO MARTINI	10
Vanilla vodka, kahlua, fresh espresso, vanilla essence coffee beans & cocoa dusting	
GRAPEFRUIT MIMOSA	10
Prosecco ai frizzante, grapefruit juice & agave Served with a grapefruit slice	



Concerts

Scan the QR code to see what's on and buy tickets for our upcoming Concerts & Events!

www.tradingboundaries.com/live-music/whats-on

Brunch

BLUEBERRY & HONEY GRANOLA (V) (N)	8.5
Granola with nuts and dried fruits served with fresh blueberries, creamy yoghurt, honey & pistachios *Gluten Free Granola available	
AVOCADO & VINE TOMATOES (V) (DF)	11
Organic toasted sourdough with smashed avocado, roasted vine tomatoes, feta, toasted seeds and smoked chilli jam	
SHAKSHUKA (V) (DF)	10
Spiced tomato curry with roasted peppers, red onions, two poached free range eggs and toasted organic sourdough	
JODHPUR ROYALE	13.5
Smoked salmon, sautéed spinach, two poached free range eggs, toasted brioche, caper, dill and parsley gremolata	
EGGS BENEDICT	12.5
Crispy Sussex streaky bacon, smashed avocado, two poached free range eggs, toasted brioche, black onion seeds and creamy hollandaise sauce	

KIDS MENU

All served with Crudités and Hummus Dip (S)

LITTLE ELEPHANT CHEESEBURGER	7
Sussex beef patty, organic seeded brioche bun and skinny fries	
FISHY FINGERS (DF)	6.5
Two crispy haddock goujons and skinny fries	
FALAFEL & PITTA	6
Two chickpea falafels and toasted pitta	
SOURDOUGH TOASTIES	6
Choose your combo from Roast Ham, Tomato & Cheddar Cheese	

V = Vegetarian / Ve = Vegan / Df = Dairy Free / N = Contains Nuts / Gf = Gluten Free / S = Contains Sesame

Please always inform our staff of any allergies before placing your orders, as not all ingredients can be listed.

All dishes may contain nut traces & we cannot guarantee the total absence of allergens in our dishes.

All of our food is prepared to order in a kitchen where nuts, cereals containing gluten and other allergens are prepared.

Whites

175ml / 250ml / Bottle

PINOT GRIGIO, SEA CHANGE	5.5 / 8 / 24
Della Venezie, Italy - 12%	
SAUVIGNON BLANC, SEA CHANGE	5.5 / 8 / 24
Languedoc- Roussillon, France - 12.5%	
PICPOUL DE PINET	7.25 / 9.5 / 26
Coteaux de Languedoc, France - 13.5%	
TORRONTES, EL ABASTO	7.25 / 9.5 / 26
Mendoza, Argentina - 12%	
RIOJA BLANCO, PHAROS	7.5 / 10 / 28
Rioja, Spain - 12.5%	
CHARDONNAY, MAPPINGA HILLS	8 / 11 / 32
Adelaide, Australia - 12.5%	
SAUVIGNON BLANC, TWR	9.5 / 12 / 36
Marlborough, New Zealand - 13%	
TREBBIANO, GIANNI MASCIARELLI	32
Abruzzo, Italy - 13%	
MUSCADET-GARANCE, PM&M	34
Loire Valley, France - 12%	
GAVI, CINZIA BERGAGLIO	36
Piemonte, Italy - 13.5%	
CHABLIS, GERARD TREMBLAY	42
Burgundy, France - 12.5%	
CHARDONNAY, RADFORD DALE	45
Stellenbosche, South Africa- 12%	

All of our wines here at Trading Boundaries are chosen from our favourite producers around the world. We believe in promoting natural wines, grapes that are harvested by hand and wines sourced from small family run vineyards wherever possible!

Our draught beer is sourced locally right here in Sheffield Park from our friends at the 360° Brewing Company

Drinks

M E N U

Served 10am - 3pm

LOCAL BEER & ALE

360 SESSION IPA - 4.3%	4 / 6.5
Dry-hopped with Amarillo and Chinook. A light, sessionable Indian Pale Ale <i>*Vegan Friendly & Gluten Free</i>	
360 SUSSEX HAZE - 4.5%	4 / 6.5
Our favourite Hazy Pale Ale brewed right here in Sheffield Park! A thirst quenching Sussex Hazy Pale with hints of grapefruit	
360 PAVILLION LAGER - 4.6%	4 / 6.5
A refreshing, crisp Helles-style lager, characterised by mild, elegant malt flavour. <i>*Vegan Friendly & Gluten Free</i>	

SPARKLING WINE

PROSECCO AI FRIZZANTE	32
Valdobbiadene, Italy - 11%	
CAVA MEDUSA, PAGO DE THARSYS	32
Valencia, Spain - 11.5%	
HIGHWEALD BRUT RESERVE NV	65
Cuckfield, England - 12% - <i>IWC Award winner 2022</i>	
HIGHWEALD BRUT ROSÉ NV	72
Cuckfield, England - 12% - <i>IWC Award winner 2022</i>	



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Reds

175ml / 250ml / Bottle

SHIRAZ-MALBEC, VILLA VIEJA	6 / 8 / 24
Mendoza, Argentina - 12.5%	
MERLOT, DOMAINES DE MOULINES	6 / 8 / 24
Pays de l'Herault, France - 13.5%	
NERO D'AVOLA, TULE ROSSO	6.5 / 8.5 / 26
Sicily, Italy - 12.5%	
PETIT SYRAH, MOS MANTEL	7 / 10 / 28
Montpellier, France- 12.5%	
COTES DU RHONE, LES OLIVIERS	7 / 10 / 28
Avignon, France - 14%	
PINOT NOIR, COOLA HILLS	8 / 10.5 / 30
Mount Gambier, Australia - 13.5%	
RIOJA CRIANZA, HACIENDA GRIMON	34
Rioja, Spain - 13.5%	
BEAUJOLAIS 'LES CHARMES'	42
Morgon, France - 13%	
CHATEAU LE CROIX, GRAND CRU	52
St Emilion, France - 13.5%	
CHATEAUNEUF DE PAPE, ST MICHEL	65
Rhône Valley, France - 14.5%	

ROSÉ & PINK

VACCEOS TEMPRANILLO	5.5 / 8 / 24
Castille de Lyon, Spain - 12.5%	
CHATEAU D'OLLIERES, PROVENCE	7.5 / 11 / 32
Coteaux Varois de Provence, France - 12.5%	



Spirits & Liqueurs available at the Bar
Cocktails available upon request
Ask about our selection of local gins!