



LUNCH MENU

MASALA SCRAMBLED EGG & SMOKED SALMON 15

Sussex sourdough toast topped with mango chutney, Indian spiced scrambled eggs & smoked salmon or bacon.

Contains egg, milk, gluten, fish - GFO / VO

FETA & AVOCADO TOAST 12

*Served on Sussex sourdough with pea shoots, pepper flakes & chive oil. - **Add Chilli Fried Egg +£ 1.5***

Contains gluten, egg, milk - GFO / VGO

FARMERS BACON SANDWICH 14

Streaky bacon in a thick white bloomer, served with hash browns & house ketchup.

Contains gluten, egg, milk - GFO | **Add Fried Egg +£ 1.5**

CHIMICHURRI STEAK SALAD 22

Served with a flavourful salad of rocket, tomato, red onion, charred corn, jalapeño & avocado.

GF / DF

LAKEDOWN BEER BATTERED FISH & CHIPS 18

Silver lake pilsner battered cod fillet, tartare sauce, pea medley and chunky chips.

Contains egg, sulphites, fish, gluten - DF

CHICKEN SATAY SALAD 17

Shredded fresh vegetable & herb salad with a satay sauce, toasted peanuts and lime.

Make it vegan by swapping chicken for tofu.

Contains peanut, soy, sesame - GF / DF

ELEPHANT BURGER 18

100% beef patty, Swiss cheese, dill pickles & homemade burger sauce in a brioche bun. Served with fries.

Contains gluten, milk, mustard, sulphites - GFO

FOUR CHEESE TOASTIE 12

mozzarella, gruyere, cheddar & emmental on sourdough, served with pickles & crisps on the side

Contains milk, gluten - V / VGO / GFO

HOUSE FRIES 7

With our savoury seasoning, homemade ketchup & aioli

WWW.TRADINGBOUNDARIES.COM

GfO = Gluten Free option Available / DfO = Dairy Free option Available V = Vegetarian / Ve = Vegan / N = Contains Nuts / S = Contains Sesame
Please let a member of our team know if you have any allergies, or dietary requirements as not all ingredients can be listed.