

Welcome to Dough Lover.

None of our menu items contain gluten. All our breads are sourdoughs. We cook either in coconut oil for our dairy free/ vegan friends or with butter and traditional fats for the rest of us.
We only use organic eggs in all our dishes. V - Vegetarian DF - Dairy free. No animal products. Suitable for vegans N - contains nuts

HOUSE OMELETTES

Served with organic house sourdough and comes unfolded resembling a pizza with egg acting as the base.

Tomato, mozzarella and basil (V)
8.70

Flaked Sussex kippers, dill creme fraiche, capers, brown butter, lemon and black pepper
9.50

Dough Lover “no egg omelette” with tomato and peppers, coconut yoghurt, chili oil and fresh coriander

Made from organic chickpea flour and brown rice, fermented for 30 hours and then seasoned.

Very high in available protein.

-Contains a complete chain of all 9 essential amino acids and

B12
(DF)
9.50

BAKED EGGS

Served with organic house sourdough.

Eggs baked in tarka dal made with our fermented turmeric masala, with house coconut yoghurt, tamarind chutney and fresh coriander (V)
9.90

Eggs baked in tomato and red pepper sauce with tahini, fresh mint, labneh, toasted pine nuts and red chilli oil (V)
9.90

ON TOAST

All of the below served on organic seeded sourdough.

Avocado, probiotic turmeric chutney, coconut yoghurt, tomato and sumac oil (DF)
9.75

Dough Lover tofu scramble (DF)
8.50

Plain scrambled eggs (V)
7.50

Add : Matured cheddar 1.00
Chilli sauce 1.00

Add ons

Eggs any style 3.50
Toast 3.00
Black beans 3.50
Avocado 3.80
Halloumi 3.50
Olives 3.00
Dry cured Sussex Bacon 3.80
Kale with lemon, cumin
and spring onion 3.20

HUEVOS RANCHEROS MENU

Classic huevos rancheros

Two soft tortillas with black bean chilli, melted cheese, fried eggs, guacamole, creme fraiche and salsa (V)
12.50

Beef huevos rancheros

Classic huevos with the addition of our house made corned beef
14.00

Organic green chicken

Classic huevos with the addition of chicken marinaded in coriander, lime, green chili and spring onion
15.00

Natural smoked haddock

Classic huevos with local natural smoked haddock
14.00

Maple,bacon huevos rancheros

13.5

Sin huevos rancheros

Tortillas with black bean chilli, tofu scramble, cashew cream, guacamole, salsa and coconut yoghurt
(DF)
12.50

SANDWICHES

Both our sandwiches come in our DL waffle bread.

Streaky bacon with ketchup
Add: Fried egg 1.60
8.50

Grilled cheese

Matured cheddar, mozzarella and pickled onion chutney (V)
7.50

Add: Fried egg 1.60, Rocket 1.00,
Cheddar 1.20, Guacamole 1.50

HOUSE SPECIALS

Corned beef hash

Made with our house corned beef, guacamole and a fried egg
13.50

Dough Lover eggs

Trealy farm boudin noir, crispy bacon, kimchi, garlic chives and chilli flakes
10.50

SALAD

Marinated roasted **Jackfruit**, warm kale, cos lettuce, watermelon and chilli with a cashew and koji dressing and tamarind ketchup
(DF)(N)
12.50

TREATS

The DL House Chocolate Cake

Made using Valrhona chocolate and organic sweet potatoes for sweetness and texture. This cake is covered with chocolate ganache and served with whipped cream.
No Added Sugar
4.90

DL Coconut and Chocolate Slice

Coconut, organic apricots, cranberries, spirulina and pumpkin seeds bound together with Valrhona chocolate.
No Added Sugar
(DF)
4.90

Valrhona chocolate, salted caramel nut slice (DF)(N)
4.90

Apple, raisin and cinnamon cake with dark rum (DF)

DAILY CHANGING COUNTER MENU

Please ask one of our team for details.

PANCAKES

Short stack of **vanilla silver dollar pancakes** with maple syrup and your choice of cream or house coconut yoghurt
8.25

Sweet potato and coconut pancakes with cinnamon bark butter, activated Brazil nut brittle and house coconut yoghurt
(DF) (N)
8.90

Add: Maple syrup 2.50
Whipped cream 1.50
Salted caramel sauce 1.50
Activated Brazil nut brittle 1.50
Fruit compote of the season 2.00

DINER GLOSSARY

B12 is only available from the food we eat. It is essential for heart and blood health. It enables us to think clearly and have proper memory and brain function. It gives us energy and protects our nervous system from harm.

Essential **animo acids** are organic compounds made by our bodies, but only from the food we eat. 9 of these are called essential because without them we can not build or repair muscle, sleep properly, have a healthy immune system, digest food properly, have proper hormone function, have effective detoxification, have enough energy to function well, have a healthy appetite or produce dopamine the so called happy hormone. Complete chains take thought to re-create effectively in vegetarian and especially vegan diets.

Probiotic containing so called, "friendly bacteria", These enhance not only gut health but also our general health. Probiotics help to protect and build our immune system health.

Sumac middle eastern spice with a citrus flavour.

Spirulina is a blue-green algae. It is a very nutrient-dense food. It includes vitamins A, C, E and B, as well as a whole host of minerals such as calcium, magnesium, zinc and selenium. It is an excellent vegan source of iron.

Activated essentially means soaked. This was an ancient practice designed to release all the nutrients in the food. Activating takes away a substance that inhibits proper digestion and prevents the gut absorbing all available nutrients.