

COASTAL TERRACE MENU

LOUNGE MENU

Available from 9am to 5pm

Pot of coffee per person Fresh filtered or decaffeinated with homemade chocolate cookie	£4.95
Pot of tea per person with homemade chocolate cookie Ask your waiter for our selection	£4.95
Bacon sandwich (available 9.30-11.30am) Prepared with your choice of wholegrain or white bread	£11.00
Toasted crumpet Served with individual preserve of your choice and butter	£4.95
Toasted tea cake Served with individual preserve of your choice and butter	£4.95
Homemade fresh cream chocolate Éclair	£6.50
Victoria sponge cake	£6.50
Carrot cake	£6.50
Chocolate fudge cake	£6.50
Freshly baked scone Served with individual strawberry preserve	£6.25
Served with individual strawberry preserve and clotted cream	£7.00
Gluten free cakes	£5.75
Choice of fruit cake, chocolate brownie or lemon drizzle	
Vegan cakes	£5.75
Fruit flapjack, lemon drizzle, chocolate brownie	

SANDWICHES

Available from 12 noon

Humus and roasted pepper*	£10.50
Mature cheddar cheese and mango chutney	£10.50
Honey roasted ham and Dijon mustard	£11.00
Carrot, beetroot and guacamole*	£10.50
Roast beef and horseradish sauce	£11.00
Egg mayonnaise and bacon	£10.50
Roast turkey with cranberry sauce	£11.00
Coronation chicken	£11.50
Tuna mayonnaise and red onion	£11.00
Fresh poached salmon with chive mayonnaise	£11.50
North Atlantic prawns with Marie Rose sauce	£11.50
Smoked salmon and cream cheese	£11.50
Bacon and brie	£12.00

All sandwiches are prepared with your choice of brown seeded or white bread and served with red coleslaw and crisps.

*Served with garnish and crisps.

Toasted sandwich selection (available from 12.00-5.00pm)	£12.50
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Choice of any two fillings: Ham, mature cheddar cheese, tomato, onion, bacon & brie

All toasted sandwiches are prepared with your choice of brown seeded or white bread and served with red slaw and crisps.

SALADS

£21.50

All salads are served with red coleslaw, potato salad and warm ciabatta bread

Char grilled breast of chicken with a coarse grain mustard vinaigrette

Roast topside of beef with a horseradish sauce

Poached dill scented salmon with lemon mayonnaise

Cheddar cheese with pickle (v)

Avocado with beetroot (vegan)

Ham with Dijon mustard

LIGHT LUNCH MENU

Available from 12 noon to 5pm

Hydro gourmet burger Served with lettuce, tomato, Monterey Jack, maple cured pancetta, tomato relish, yellow mustard, red slaw and skinny fries	£22.50
Hydro vegan burger (vegan) Served with lettuce, tomato, vegan cheese, tomato relish, yellow mustard and skinny fries	£22.50
Supreme of chicken "Coq au Vin" (gf) Served with creamed potato and chantenay carrots	£21.00
Spinach and fava bean falafel (vegan) Served with broccoli and lime scented couscous, hummus	£19.50
Fresh beer battered cod loin Deep fried cod in beer batter with chips and garden peas	£22.50
Mediterranean seared salmon (gf) Seared fillet of salmon on roasted Mediterranean vegetables, coriander and balsamic dressing	£21.50
Hydro omelette (gf) Freshly made three egg omelette with choice of TWO filling served with chips Filling choice: cheese, tomato, ham or mushrooms Extra fillings	£20.00 £3.50 each
Chicken Caesar salad Pan roasted chicken breast, cos lettuce, anchovies, croutons and parmesan cheese bound together with Caesar dressing	£20.50
Slow braised feather blade of beef (gf) Served with creamed potatoes and vegetables	£21.50
Grilled fillet of seabass (gf) Pan fried sweet potato, fine beans and asparagus, Italian tomato oil	£22.50
Broccoli, spinach and feta cannelloni (v) £19.50 sweet cherry tomato Fondue, parmesan cheese sauce	
Whole grilled lemon sole Served with sauteed spring onion, sauteed potatoes, Lemon caper parsley butter	£24.50

SIDES

all £5.50 each

Chips or Skinny fries	(add cheese £2.00)
New potatoes	
Side Salad	
Vegetables fries (carrot, beetroot & parsnip)	

DESSERTS

£10.50 each

Hot steamed sponge pudding with custard

Dark chocolate torte with chocolate sauce, blackberry sorbet

American style cheesecake with red cherry compote

Fresh fruit salad with mango sorbet

Selection of ice creams (3 scoops) choice of vanilla, strawberry, chocolate or coffee

Selection of sorbets (3 scoops) choice of orange, mango or lemon

COASTAL TERRACE MENU

AFTERNOON TEA

Available from 3pm to 5pm - Served on cake stand

Hydro Afternoon Tea per person £27.95

Selection of handmade sandwiches on white and brown bread:

Oak smoked salmon, cream cheese
Lightly peppered rocket and cucumber
Sussex ham and Dijon mustard

Hydro baked sultana scone with fresh clotted cream and strawberry preserve

Assortment of cakes and pastries

Tea or coffee

Vegan Hydro Afternoon Tea per person £27.95

Selection of handmade sandwiches on white and brown bread

Hummus and roasted bell pepper
Lightly peppered rocket and cucumber
Guacamole, carrot and beetroot

Hydro baked vegan scone with fresh vegan cream, strawberry preserve and vegan butter

Assortment of vegan cakes and pastries

Tea or coffee

Children's Afternoon Tea per child £18.50

Selection of handmade sandwiches in white and brown bread

Nutella chocolate spread, Sussex Ham, Strawberry jam

Hydro plain scone with strawberry preserve, clotted Cornish cream, butter

Assortment of children's cakes

CREAM TEA

Available from 3pm to 5pm

The Sussex Cream Tea per person £11.80

Freshly baked sultana scone with clotted cream and individual preserve accompanied by your choice of either tea or coffee

The Downs Tea per person £11.30

Homemade fresh cream chocolate Éclair accompanied by your choice of either tea or coffee

The Lawns Tea per person £9.80

Hot buttered toasted tea cake served with your choice of either tea or coffee

CONSERVATORY COFFEE BAR

Available from 9.30am to 8pm

Espresso Doppio £4.50/£5.25

Cappuccino - small/regular £4.75/£5.25

Americano £5.25

Espresso coffee topped with hot water served with or without cream or milk

Hydro 'Flat White' £5.25

A double shot of espresso coffee with steamed milk

Café Latte £5.25

Espresso with plenty of steamed milk and lots of flavour. Add syrup caramel, vanilla, spiced pumpkin or hazelnut

Mocha £5.25

Espresso with chocolate topped with steamed, frothed milk and sprinkling of chocolate

Classic Hot Chocolate £5.25

Hot chocolate served with steamed milk

Deluxe Hot Chocolate £5.75

Hot chocolate served with steamed milk, topped with whipped cream, marshmallows, a sprinkle of chocolate topped with chocolate flake

WHITE WINE

Per Bottle 175ml Glass 250ml Glass

Sauvignon Blanc - South Africa £27.00 £6.90 £9.50

Pinot Grigio - Italy £29.00 £7.00 £9.90

Chardonnay - Australia £29.00 £7.00 £9.90

Marlborough Sauvignon Blanc - NZ £37.50

RED WINE

Merlot - France £29.00 £7.00 £9.90

Shiraz - South Africa £27.00 £6.90 £9.50

Malbec - Argentina £29.00 £7.00 £9.90

Pinot Noir - Romania £35.00

ROSE & SPARKLING

Pinotage Rose - South Africa £27.00 £6.90 £9.50

Pinot Grigio Blush - Italy £29.00 £7.00 £9.90

White Zinfandel - USA £30.00 £7.50 £10.50

Provence Rosé - France £36.00

Prosecco, Famiglia Botter - Italy £11.50 (200ml bottle)

The above wines are also available in a smaller 125ml measure upon request.

BOTTLED BEERS AND CIDERS

Corona Extra/Cero 4.5%/0% £3.50

Old Mout Cider 4% £7.00

London Pride 4.7% £7.00

Old Speckled Hen 5.2% £7.00

Long Man Blonde/APA 4.1% £7.00

Guinness 44cl / Guinness 0% 4.5%/0% £5.50

Old Mout 0% Cider 0% £6.00

MINERALS AND JUICES

Coca Cola/Diet/Lemonade - half pint glass/dash £2.80/£1.80

Appletiser £4.70

Zero Coke £4.70

Fever-Tree Mixers £3.70

Tonic water - Original, Light, Elderflower, Lemon, Aromatic & Ginger ale

J20 £4.70

Apple & Mango, Orange & Passion Fruit or Apple & Raspberry

Folkington's Juice £4.70

Orange, Apple, Cranberry, Pineapple, Tomato

Folkington's Sparkling 330ml £4.90

Elderflower, Ginger Beer, Pink Lemonade

South Downs Mineral Water 750/330ml

£6.00/£3.50

Still/Sparkling

Lime & Soda £1.80

Red Bull £4.80

DRAUGHT BEER AND CIDER

Pint Half

Pardal 3.8% £6.50 £3.25

Appleshed Cider 4.8% £6.00 £3.00

Dortmunder Union Pills 4.8% £6.50 £3.25

Peroni 5.0% £7.50 £3.75

Harvey's Bitter 4.0% £7.00 £3.50