

THE HIGHLANDS

Starters

Soup of the day, bread £5.75

Mezze- Hummus, pitta bread, olives £5.50

Smoked Salmon, avocado & prawn cocktail, granary bread £6.95

Deep fried **whitebait**, tartare sauce £6.25

Mushrooms, garlic & herb butter, granary bread £6.25

Tiger prawns, sweet chilli, garlic butter, granary bread £7.25

Camembert baked with Honey, garlic & rosemary, chutney, toasted ciabatta £7.25

Salt & pepper **Squid**, garlic mayo £6.25

From the grill

Burgers

£11.50

All burgers are served with fries, salad & Coleslaw

Add sweet potato fries for £1.25 extra

'Funky fungi', **Beef** patty, Stilton, flat mushroom

'Highlands' **Beef** patty, Monterey jack cheese, bacon,

'Mexicana' **Beef** patty, spicy cheese, jalapenos, guacamole

Chicken burger, tomato salsa, bacon Monty jack cheese

(v)**Halloumi**, roasted red pepper, grilled mushroom, pesto (£10.95)

8oz sirloin steak, chips, tomato, watercress, mushroom, peppercorn sauce £19.50

Gammon steak, fried egg, pineapple, chips, garden peas £11.50

Nibbles

Marinated olives £2.95 Mixed breads, oils & butter £4.50

Garlic Bread £2.75 Cheesy Garlic bread £3.50

Pub Favourites

Sussex pork & herb sausages, mash, vegetables, onion gravy £10.50

Home cooked **ham**, eggs, chunky chips £9.75

Highlands homemade **'pie of the day'** mash, vegetables, gravy £11.95

Fish

Beer battered **Fish & Chips**, mushy peas, tartare sauce £11.25

Breaded wholetail **scampi**, chips, garden peas, tartare sauce £10.50

Salmon fillet, topped with pesto, sauté potatoes, ratatouille £13.95

'Sussex Smokie'- **Smoked haddock** in a creamy cheddar, leek & mustard sauce, topped with breadcrumbs, with new potatoes & green vegetables £12.25

Sea bass fillet, white wine spinach & mushroom sauce, green vegetables, new potatoes, cherry tomatoes £13.50

Vegetarian

Sweet potato, spinach, cauliflower & chick pea curry, rice & poppadum £10.45

Roasted vegetable **lasagne**, garlic bread, salad £10.45

Wellington of Brie, mushroom, hazelnut & cranberry, new potatoes, vegetables & tomato sauce £11.50

Sides

Chunky chips £3.25 Seasoned fries £3 Sweet potato fries £4.25

Salad bowl £2 Mixed vegetables £2.50 Roll & Butter £2.25

Salads

Chicken, bacon, avocado, pesto £11.50

Greek - feta, olives, sun blush tomatoes, £6.25/10.50

Highlands **Ploughman's**- ham, cheddar, stilton, sausage,

Pickle, apple, celery, crusty bread £10.95

Desserts £6

Vanilla & raspberry **Crème Brulee**, biscuit

Treacle & Ginger tart, custard

Sticky toffee sponge, toffee sauce, vanilla ice cream

Crumble of the day, custard

Chocolate brownie, chocolate sauce, vanilla ice cream

Summer Berries **Eton mess**,

Chocolate & coconut torte, raspberry sorbet (VG)

Ice cream & sorbets 3 scoops £5.75

Vanilla, chocolate, strawberry, mint choc chip, caramel, Honeycomb,

Sorbet - Lemon, raspberry, mango

Cheese & biscuits, chutney, celery, apple £7.50

Hot drinks

Americano £2.40

Espresso/double £2.20/£3

Cappuccino/latte/flat white £2.75

Liqueur coffee £5.75

Speciality teas £2.25

Hot Chocolate £2.50

Please inform your server if you have any specific dietary requirements or need allergen advice