

FOOD FOR THOUGHT

A little something
to keep you going.

BREAKFAST MENU

Available from 6.30am to 10.00am - Monday to Sunday.

CROWNE PLAZA BREAKFAST

£19.95

Please refer to the breakfast menu on the bedroom door handle.

BRUNCH

Available from 7.00am to 12.00pm.

WHITE OR BROWN TOAST (380 kcal) **V**

£3.85

With butter and preserves.

BREAKFAST BRIOCHE (490 kcal)

£7.75

Sausage, bacon and fried egg in toasted brioche bun.

STARTERS

Available from 12.00pm to 10.30pm.

MIXED OLIVES (216 kcal) **VE**

£5.25

Unpitted Affissa, Noveller and Kalamata olives.

FOCACCIA (246 kcal) **V**

£5.75

Basil pesto, balsamic vinegar and olive oil.

CHEF'S SOUP OF THE DAY (408 kcal) **VE H**

£6.50

Bread roll.

GIANT BEER BATTERED ONION RINGS (504 kcal) **V**

£6.75

Garlic aioli.

WHITE BAIT (451 kcal)

£8.95

Deep fried and served with tartare sauce.

CHICKEN WINGS 5 PIECES (408 kcal) OR 10 PIECES (895 kcal)

£8.95/£12.75

Choice of sweet chilli (107 kcal), hot sauce (89 kcal), garlic aioli (115 kcal) or blue cheese sauce (110 kcal).

CHEESY NACHOS (1139 kcal) **V**

£9.75

Tortilla chips, cheese, guacamole, tomato relish and sour cream.

Add char-grilled chicken (65 kcal).

£4.00

Add chilli beef (108 kcal).

£4.00

MEDITERRANEAN MEZE SHARING PLATTER (648 kcal per person) **V**

£18.85

Houmous, baba ghanoush, tzatziki, marinated olives, roasted red peppers and pita bread.

SANDWICHES

Served between 12.00pm to 5.00pm.

Choice of white or brown bread. Served with thick cut chips (248 kcal).

Upgrade to sweet potato fries (285 kcal) £2.00.

SMOKED PASTRAMI SANDWICH (635 kcal)

£9.25

Toasted bread with coleslaw, lettuce and English mustard mayonnaise.

HAM AND CHEDDAR CHEESE MELT (625 kcal) **24**

£9.25

Honey mustard.

TUNA MELT ON TOASTED FOCACCIA (675 kcal) **H**

£9.75

In light mayonnaise with olives, cheddar cheese, lettuce and tomato.

VEGAN GRILLED TOFU WRAP (895 kcal) **VE H**

£12.99

Avocado, houmous and vegan barbeque mayonnaise sprinkled with sesame seeds.

CLASSIC TRIPLE DECKER CLUB SANDWICH (1075 kcal)

£13.50

Grilled chicken breast, bacon, egg, plum tomato and cos lettuce with coleslaw.

HOT BUFFALO CHICKEN WHOLEMEAL WRAP (1285 kcal)

£13.75

Breaded chicken breast, buffalo sauce, lettuce and tomato.

Available from 12.00pm to 10.30pm.

HEALTHY CORNER

CLASSIC CAESAR SALAD (455 kcal) H Cos lettuce, herb croutons, parmesan shavings and Caesar dressing.	£12.50
GREEK SALAD (480 kcal) V H Tomatoes, cucumber, Kalamata olives, red onion and feta cheese tossed with olive oil and oregano.	£16.75
GRILLED SALMON NIÇOISE SALAD (753 kcal) H Cos lettuce, green beans, olives, boiled egg, cherry tomatoes, red onion and oregano dressing.	£17.50
SUPERFOOD PROTEIN SALAD (775 kcal) H Shrimp, wholemeal black rice, avocado, beetroot, broccoli, soya beans, chia seeds, hemp seeds, mixed leaves and sweet soy glaze dressing. Add char-grilled chicken breast (65 kcal).	£17.95 £4.00

A TASTE OF THE MEDITERRANEAN

CLASSIC FOUR CHEESE PIZZA (1180 kcal) V	£16.50
VEGGIE SUPREME PIZZA (1295 kcal) V Tomato sauce, sweetcorn, peppers and olives.	£17.00
MEAT FEAST PIZZA (1475 kcal) Tomato sauce pepperoni, ham, salami and beef.	£18.50
EXTRA PIZZA TOPPINGS: Mushrooms (10 kcal), ham (15 kcal), jalapeños (3 kcal), red onion (6 kcal) or olives (45 kcal).	£1.75 each
CHEESE RAVIOLI (1075 kcal) V Tossed in a tomato rosa sauce with peas, crushed red chillies and roasted garlic.	£17.95
SPAGHETTI RAGÙ BOLOGNESE (1456 kcal) Topped with parmesan and basil.	£18.95
SHRIMP TAGLIATELLE (1024 kcal) Roasted vegetables, peas and tomatoes tossed in a red pesto sauce.	£18.95
GRILLED SUMAC CHICKEN FILLET (1550 kcal) Moroccan couscous, charred broccoli and harissa yoghurt dip.	£20.75
GRILLED SEABASS (680 kcal) Olive-lemon-caper dressing and tartare sauce.	£18.95

CLASSICS

FISHERMAN'S BASKET (995 kcal) Dill battered cod fillet with chips and mashed peas.	£19.75
STICKY BARBEQUE GLAZED RACK OF PORK RIBS (1485 kcal) Coleslaw, charred corn on the cob and thick chips.	£21.95

GRILLS

Served with mushroom, cherry tomato relish, peppercorn sauce and chips.

8OZ GRILLED LEG OF LAMB (2130 kcal) With chimichurri.	£24.50
8OZ BEEF RUMP STEAK (2145 kcal)	£24.95
8OZ BEEF RIB-EYE STEAK (2183 kcal)	£27.95

FLAME GRILLED BURGERS

Between a brioche bun with mayonnaise, gem lettuce, tomato, red onion and gherkins with coleslaw and chips.

BEETROOT, RED PEPPER AND QUINOA BURGER (1350 kcal) V H Jalapeño and tomato yoghurt sauce.	£16.75
TANDOORI SPICED CHICKEN BURGER (1515 kcal) Spiced masala sauce.	£17.25
8OZ ANGUS BEEF BURGER (1601 kcal) Flame grilled classic beef burger.	£17.95
EXTRA TOPPINGS: Blue cheese (30kcal), cheddar cheese (10 kcal), brie (12 kcal), bacon (60 kcal), fried egg (95 kcal), onion rings (40 kcal).	£1.75 each

RAMEN CORNER

VEGAN THAI STYLE RAMEN (628 kcal) VE Tofu, mange tout, mushrooms, broccoli, soya beans and pak choi with noodles sprinkled with sesame seeds.	£18.50
SPICY KATSU CHICKEN RAMEN (729 kcal) Crispy breaded chicken, mange tout, mushrooms, soya beans, pak choi, boiled egg, sprouts and corn on the cob with noodles sprinkled with sesame seeds.	£19.50
HOT PRAWN RAMEN (678 kcal) Poached prawns, mange tout, mushrooms, soya beans, pak choi, boiled egg, sprouts and corn on the cob with noodles sprinkled with sesame seeds.	£19.50

CURRY CORNER

Served with basmati rice, min naan bread, mango chutney and poppadum.

PANEER BUTTER MASALA (1075 kcal) V Indian cottage cheese with roasted vegetables in a creamy curry sauce.	£18.95
BUTTER CHICKEN (1255 kcal) In a creamy cashew sauce.	£18.95
TANGY GOAN PRAWN CURRY (1175 kcal) In a coconut and spiced based curry.	£20.95

SIDES

MIXED LEAF SALAD (30 kcal) VE H	£4.55
TOMATO AND BOCCONCINI SALAD (95 kcal) V H With pesto.	£4.75
CORN ON THE COB (95 kcal) VE H	£4.95
MINI CAESAR SALAD (110 kcal) H	£4.95
PIRI PIRI POTATO WEDGES (186 kcal) V	£5.25
LOADED FRIES V With melted cheese.	£5.75

DESSERTS

FRESH FRUIT SALAD (96 kcal) VE H With raspberry sorbet.	£6.50
SELECTION OF ICE-CREAMS (3 scoops) V Vanilla (107 kcal), chocolate (99 kcal), strawberry (104 kcal), salted caramel (125 kcal).	£6.95
HOMEMADE CHOCOLATE BROWNIE (551 kcal) V With vanilla ice-cream.	£6.95
TIRAMISU (588 kcal) V Coffee, mascarpone cheese and cocoa powder.	£7.95
WARM APPLE PIE (425 kcal) V With Madagascan vanilla ice-cream.	£7.75
LEMON CHEESECAKE (580 kcal) V With berry compote.	£7.85
PLAZA'S CHEESE BOARD (650 kcal) V Sussex charmer, Stilton Blue, Brie served with grapes, fruit chutney and savoury biscuits.	£10.95

CHILDREN'S MENU

2 courses £10.95, 3 courses £12.95.

This menu is available for children under 12 years of age.

TOMATO SOUP (120 kcal) V H LS
MINI PRAWN COCKTAIL (145 kcal) LS LS
JUNIOR BEEF BURGER with chips and beans (440 kcal) LS LS
GRILLED CHICKEN BREAST with new potatoes and peas (220 kcal) LS LS
BREADED FISH GOUJONS with chips and tartare sauce (290 kcal) LS LS
PASTA WITH CHOICE OF TOMATO SAUCE (230 kcal) OR CHEESE SAUCE (360 kcal) LS LS
CHOCOLATE BROWNIE with vanilla ice-cream (320 kcal)
ASSORTED ICE-CREAMS (2 scoops of your choice) (198 kcal)
FRESH FRUIT SALAD (75 kcal) H LS

DRINKS

SOFT DRINKS

FRUIT JUICE (Orange, Apple, Cranberry) 250ml	£3.00
BRITVIC J20 (All flavours) 275ml	£3.75
PEPSI/DIET PEPSI 330ml	£4.50
MINERAL WATER (Still/Sparkling) 750ml	£4.50

HOT DRINKS

STARBUCKS COFFEE	Solo	Doppio
ESPRESSO	£2.75	£3.00

	Tall	Grande
CAFFÈ LATTE	£3.50	£3.90
CAPPUCCINO	£3.50	£3.95
CAFFÈ AMERICANO	£3.35	£3.55
CAFFÈ MOCHA	£3.60	£3.95
CARAMEL MACCHIATO	£3.60	£3.95
HOT CHOCOLATE	£3.50	£3.95

EXTRA: Syrup/Whipped cream	£.80p
EXTRA: Espresso shot	£.90p

TAZO TEA	Each
ENGLISH BREAKFAST	£3.50
EARL GREY	£3.50
GREEN TEA	£3.50
PEPPERMINT TEA	£3.50
DECAFFEINATED AND OTHER HERBAL TEAS	£3.50

BEER/CIDER	
PERONI 330ml	£5.75
HEINEKEN 330ml	£6.25
BULMERS ORIGINAL CIDER 500ml	£6.75
BULMERS CRUSHED RED BERRIES CIDER 500ml	£6.75

V Vegetarian **VE** Vegan **H** Healthy **24** Available 24 hours **LS** Low salt **LS** Low sugar

Tray Charge of £3.50 per order.

All our food is prepared in a kitchen where nuts, gluten and other food allergens are present.

Our menu descriptions do not include all ingredients.

If you have a food allergy or intolerance, please let us know before ordering.

Full allergen information is available, please ask a team member for details.

WHITE WINES

PONTEBELLO PINOT GRIGIO

Australia

175ml 250ml Bottle

£7.85 £10.00 £28.50

MONTE VERDE SAUVIGNON BLANC

Central Valley, Chile

£8.40 £10.60 £29.50

RED WINES

MILL CELLARS SHIRAZ

South Eastern, Australia

175ml 250ml Bottle

£8.25 £10.50 £29.50

LOS ROMEROS MERLOT

Central Valley, Chile

£8.25 £10.50 £29.50

ROSÉ WINES

CASTELBELLO ROSATO

Italy

175ml 250ml Bottle

£7.20 £8.80 £24.50

SPARKLING WINE/CHAMPAGNE

DA LUCA PROSECCO

Veneto, Italy

125ml Bottle

£8.50 £39.95

MOËT & CHANDON BRUT IMPÉRIAL

Champagne, France

£82.00