The DINER

Welcome to Dough Lover.

We have a no laptop/tablet policy here. This is because we believe very strongly in hospitality.

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.

EGGS DOUGH LOVER

Served with our own Dough Lover organic sourdough. All our eggs are organic, free range and local.

Trealy farm boudin noir, crispy bacon, kimchi, garlic chives and angel hair chilli
8.70

Chicken marinaded in buttermilk, coated with warm spices and deep fried. With Sawmill gravy and house pickles
8.90

Barrel aged feta cheese, Dough lover butter bean fritter, olives and oregano (V)
8.00

HOUSE OMELETTES

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

Tomato, mozzarella and basil (V)
7.90

Balsamic glazed mushrooms, parmesan and tarragon oil (V)
8.80

Flaked Sussex kippers, creme fraiche, capers, brown butter, lemon and black pepper
8.70

Hock of ham two ways, smoked matured cheddar, parsley and grain mustard sauce
8.90

BAKED EGGS

Eggs baked in tarka dal made with our fermented turmeric masala, with house coconut yogurt, tamarind chutney and fresh coriander (V)
8.90

Eggs baked in tomato, and red pepper sauce with tahini, fresh mint, labneh, toasted pine nuts and red chilli oil (V)
8.90

THE SANDWICH

Our sausages are supplied by O'Hagans and made from free range chicken. They are totally free of nitrates and sulphates.

Streaky bacon or chicken sausage patty with ketchup in our DL waffle bread 6.90

You can choose from Cumberland chicken or chicken, spinach and sage.

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

ON TOAST

Our paleo bread contains organic eggs. Please substitute organic seeded sourdough if eggs aren't your thing.

Avocado, coriander leaves and lime on Dough Lover paleo toast, with pickled red onion (V) (N)
8.90

All of the below served on organic seeded sourdough

Dough Lover tofu scramble (DF)
8.50

Plain scrambled eggs (V)
7.00

Scrambled eggs with mature cheddar cheese (V)
8.00

Scrambled eggs with 'Nduja
8.90

SALAD

Available with house butter bean fritters instead of eggs for all you vegans out there.

Warm, white miso roasted pumpkin, green beans, toasted coconut, roasted pumpkin seeds, deep fried eggs, tamari and ginger dressing (V)
9.90

A 12.5% discretionary service charge will be added to you bill. 4% is used for team development opportunities, training and field trips.
The other 8.5% goes directly to the DLF (Dough Lover Family) and is evenly distributed among them. If you do not wish to contribute please simply deduct this charge.
V- vegetarian DF-Dairy free. No animal products used. Suitable for vegans N-contains nuts

DOUGH LOVER

House Specials

Corned beef hash made with our house corned beef, guacamole and a fried egg
12.50

Huevos rancheros
tortilla with black bean chilli, melted cheese, fried egg, guacamole, soured cream and salsa
11.50

Add: Eggs any style 3.50, Toast 3.00, Black beans 3.50, Avocado 3.80, Dry cured Sussex bacon 3.80, Home fried potatoes 3.50, Sussex Sausages 4.20

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ON THE SWEET SIDE

All our sweet side items are designed to be lower in sugar without you noticing, but please don't let that put you off. Please ask your server for more details.

Porridge
Turmeric and vanilla rice porridge with Black sesame brittle, house coconut yogurt and raspberry puree (DF) (N)
8.00

The DL Waffle bread
Our special waffle bread with organic honey butter and coconut yoghurt
8.00

Pancakes
Short stack of vanilla silver dollar pancakes with maple syrup and cream or house coconut yoghurt (N)
8.00

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

Add: Cream or yoghurt 1.60
Maple syrup 2.50
Salted caramel sauce 1.50
Activated Brazil nut brittle 1.50
Fruit compote of the season 2.00

24 Hour Raw Carrot Cake
A raw carrot cake with multi-strain pro-biotic added that we then leave for 24 hours before topping with cashew vanilla cream. Totally dairy free, vegan and with no added sugar. Served with non dairy cream.
4.90

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.
4.90

DL Coconut and Chocolate Slice
Coconut, organic apricots and pumpkin seeds bound together with Valrhona chocolate.
No Added Sugar
4.90

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