

DELI • CAFÉ • SHOP

# thyme & tides

*Firsdown*

## *Our bistro menu*

Please inform your server of any allergies, intolerances or specific dietary requirements.  
Food prepared in our kitchen may contain or come into contact  
with the following: wheat, milk, eggs, nuts & dairy.

---

**ALL DAY MENU 8am – 4pm**

---

(Sundays until 3pm)

**Full English £12.50**

*Sausage, bacon, mushrooms, IOW tomato, beans, poached eggs, sourdough toast*

**Full vegetarian (v) £12.50**

*Vegetable sausage, avocado, mushrooms, IOW tomato, beans, poached eggs, sourdough toast*

**Eggs royale £12.50**

*Poached eggs, Charlie's cold smoked trout, hollandaise, muffin*

**Eggs benedict £10.50**

*Poached eggs, Wiltshire ham, hollandaise, muffin*

**Smoked trout paté £10.50**

*Sourdough toast, mixed leaf, IOW tomatoes, cornichons, lemon, capers*

**Houmous, avocado & chilli toast (v) £8.95**

*Slow roast IOW tomatoes, chilli, lime, toasted seeds, herbs*

**Superfood salad (v) £8.95**

*Quinoa, lentil, roast vegetable & spinach, broccoli, toasted seeds, pomegranate, herbs, lemon dressing*

**Sausage or bacon bap £7.00****Vegetable sausage bap (v) £7.00****Soup of the day £6.50**

*Sourdough toast & butter  
See specials board or ask your server*

**Granola yoghurt bowl (v) £6.00**

*Granola, coconut yoghurt, fresh fruit, seeds, coconut flakes*

**EXTRAS**

Sourdough toast & butter, strawberry jam, marmalade or marmite	<b>£4.00</b>
Smoked trout	<b>£4.00</b>
Sausage	<b>£2.00</b>
Bacon	<b>£2.00</b>
Poached eggs	<b>£2.00</b>
Avocado	<b>£2.00</b>

**LIGHT BITES**

8am – 4.45pm

(Sundays until 3.45pm)

<b>Bacon, brie &amp; cranberry</b>	<b>£8.95</b>
<b>Tuna mayonnaise Cheddar &amp; mozzarella</b>	<b>£8.95</b>
<b>Smoked cheddar &amp; tomato (v)</b> <i>Cheddar, IOW tomato, spicy tomato chutney</i>	<b>£8.95</b>
<b>Children's cheese toastie (v)</b>	<b>£5.00</b>
<b>Belgian Waffles</b> <i>Bacon &amp; maple syrup Mixed berries, cream, chocolate hazelnut sauce, chopped hazelnuts</i>	<b>£8.00</b>
<b>Cream tea</b> <i>Plain or fruit scone, clotted cream, strawberry jam, hot drink</i>	<b>£6.95</b>
<b>Cheese scone</b> <i>Chive cream cheese, apricot &amp; ginger chutney</i>	<b>£6.95</b>
<b>Toasted teacake</b> <i>Butter &amp; strawberry jam</i>	<b>£4.50</b>

---

**CHILDREN'S MENU 8am – 4pm**  
(Sundays until 3pm)

**Half English £6.50**

*Sausage, bacon, beans, poached egg, sourdough toast*

**Half vegetarian (v) £6.50**

*Vegetable sausage, spinach, beans, poached egg, sourdough toast*

**Beans on toast (v) £5.00**

**Poached egg on toast (v) £5.00**

**Cheese toastie (v) £5.00**

**Soup of the day £5.00**

*Sourdough toast & butter*

**Sourdough toast & butter (v) £4.00**

*Strawberry jam, marmalade or marmite*

---

## SOFT DRINKS

---

<b>Hildon</b>		<b>Kids cartons</b>	<b>£1.95</b>
<i>Still/Sparkling water 330ml</i>	<b>£2.25</b>	<i>Apple &amp; pear</i>	
<i>Coca Cola/Diet Coke 330ml</i>	<b>£3.20</b>	<i>Apple &amp; summer berries</i>	
<b>Gusto organic</b>	<b>£2.95</b>	<i>Apple &amp; mango</i>	
<i>Fiery ginger with chipotle</i>		<b>thyme &amp; tides</b>	
<i>Sicilian lemon with yuzu</i>		<b>freshly squeezed juices</b>	<b>£3.95</b>
<b>Cawston Press</b>	<b>£2.95</b>	<i>Orange</i>	
<i>Elderflower lemonade</i>		<i>Green – spinach, cucumber,</i>	
<i>Cloudy apple</i>		<i>apple, ginger</i>	
<i>Sparkling rhubarb</i>		<i>Traditional lemonade 500ml</i>	<b>£3.00</b>
<i>Ginger beer</i>			

---

## HOT DRINKS

---

<b>Coffee – River Coffee Roasters</b>		<b>Tea – Birchall Tea</b>	
<i>Espresso/Macchiato</i>	<b>£2.75</b>	<i>Breakfast/green/peppermint</i>	
<i>Americano</i>	<b>£2.95</b>	<i>Earl Grey/decaf</i>	<b>£2.80</b>
<i>Cortado</i>	<b>£2.95</b>	<i>Chai Latte</i>	<b>£3.10</b>
<i>Flat white</i>	<b>£3.20</b>	<b>Hot choc – Kokoa Collection</b>	<b>£3.00</b>
<i>Cappuccino</i>	<b>£3.20</b>	<i>Deluxe hot chocolate</i>	
<i>Latte</i>	<b>£3.20</b>	<i>with cream &amp; mallows</i>	<b>£3.75</b>
<i>Mocha</i>	<b>£3.20</b>	<i>Alternative milks</i>	<b>£0.40</b>
<i>Syrup shots</i>	<b>£0.50</b>	<i>oat/almond/coconut</i>	
<i>vanilla/salted caramel/hazelnut</i>			

---

## AUTUMN COFFEE SPECIALS

---

<b>Pumpkin spiced latte with whipped cream</b>	<b>£3.75</b>
<b>Hazelnut Mocha</b>	<b>£3.70</b>

---

## BEER / WINE

---

<b>Snapper Rock, Sauvignon, NZ</b>	<b>£5.75</b>	<b>Birra Moretti 330ml</b>	<b>£3.25</b>
<i>Rose 2022 13% vol 175ml</i>		<i>4.6% vol</i>	
<b>Stoneburn, Sauvignon, NZ</b>	<b>£5.75</b>	<b>Lucky Saint 330ml</b>	<b>£3.25</b>
<i>White 2023 11.5% vol 175ml</i>		<i>0.5% vol</i>	
<b>Ortonese, Sangiovese Merlot, IT</b>	<b>£5.75</b>	<b>Prosecco, Italy 200ml</b>	<b>£7.50</b>
<i>Red 2022 12.5% vol 175ml</i>		<i>11% vol</i>	