

## Lunch 12pm - 3pm

### NOODLES & BROTH

All served with garnish of braised pak-choi, green pickled chilli & fresh herbs

#### SPICED CHICKEN BROTH

Soft boiled egg, egg noodles | 15.5

#### SOY GLAZED TOFY BROTH (vg)

With mixed market herbs | 15

#### PORK NOODLES

Soft boiled egg, mixed market mushrooms, egg noodles | 15.50

#### STIR FRY BEEF NOODLES

Market greens, Asian smoked chilli sauce & market vegetables | 16.5

#### STIR FRY VEGETABLES (vg)

Market greens, Asian smoked chilli sauce | 14.5

### LUNCH BOWLS

Served with flat bread, roasted red pepper & chilli hummus & your choice of topping:

#### PEAS & CUCUMBER

Cherry tomatoes, fresh herbs, mint & parsley oil dressing | 15

#### ROASTED MARKET VEGETABLES (vg)

Fresh market vegetables & herbs | 14.5

#### GRILLED HALLOUMI & HAM

Cherry tomatoes, cucumber, red onion & pickled cabbage | 15

#### MARKET BEETROOT

Cherry tomatoes, fresh herbs, red onion & feta | 15

### GRAINS & GREENS

#### BUDDHA BOWL (vg)

Vegetable & beetroot bhajis, edamame beans, mixed rice, roasted red pepper & chilli hummus, grilled pak-choi & tomato chutney | 14.5

#### PROTEIN BOWL

Grilled chicken breast, crispy market bacon, sourdough croutons, shaved parmesan, market leaves, caesar dressing | 16

#### KETO BOWL

Smoked mackerel, market new potatoes, minted peas & cucumber, edamame beans, red onions & market leaves | 15

### BUNS

All served in a toasted bun with leaves, red onion, pickled cucumber, crispy fried onions & fries. Gluten free buns available.

#### SPICED CHICKEN BURGER

Smashed avocado, hot sauce, mayo | 16

#### MARKET BEEF BURGER

Market beef, Kentish cheese, in-house sauce | 16

#### VEGAN BURGER (vg)

Vegan pattie, roasted red pepper & chilli hummus, hot sauce & mayo | 15.5

#### GRILLED HALLOUMI & STICKY HAM

Smashed avo, Greek yoghurt | 15.5

### FLATBREADS

Chargrilled flatbread with hummus, Greek yoghurt, leaves, red onion, tomato, cucumber & pickled red cabbage

Grilled halloumi, roasted red pepper & chilli hummus | 13.5

Roasted market vegetables (vg) | 13.5

Grilled, spiced chicken | 14

Market beetroot & feta | 13.5

Market sliced ham | 14

### SPICED BOWLS

With mixed fragrant rice, baby spinach and grilled tomato & sesame seed chutney

Roasted, aromatic spiced chicken curry | 16.5

Chicken satay & toasted nuts | 16.5

Roasted, spiced butternut squash (vg) | 16

### SMALL PLATES

CHOOSE 3 FOR £15

Fried tofu, soy sauce, toasted seeds (vg) | 5

Vegetable & beetroot bhajis, chutney (vg) | 5.5

Seared pak-choi (vg) | 5

Seared padron peppers, garlic mayo (vg) | 7

Potato salad, peas, cucumber, onion (vg) | 5.5

Skin on fries with dip (vg) | 4

Salt & pepper halloumi fries with dip | 6.5

# MARKET SQUARE

Our kitchen cooks up great feel good food. Famous for a relaxed brunch through to lunch. All our dishes are made using seasonal ingredients with a large selection of fresh and healthy options, served with fresh juices, smoothies and coffees as well as sustainable wines. We are proud to source direct from Kentish farms, ensuring a fresher product and helps us to reduce our environmental impact by cutting down how far our food travels – from farm to fork.



Breakfast 9am - 12pm

## COOKED BREAKFAST

### CLASSIC BREAKFAST

Market sausage, market streaky bacon, fried egg, homemade baked beans, mushroom, grilled tomato & homemade sourdough toast | 12.5

### MARKET SQUARE FULL ENGLISH

Market sausage, market streaky bacon, fried egg, homemade baked beans, mushroom, grilled tomato, fried potatoes & sourdough toast | 13.5

### VEGAN COOKED BREAKFAST (vg)

Two vegan sausages, tofu scramble, homemade baked beans, mushroom, grilled tomato, fried potatoes, market greens & sourdough toast | 13.5

### VEGETARIAN COOKED BREAKFAST

Two fried eggs, grilled halloumi, grilled tomato, mushroom, fried potatoes, smashed avocado, beans & sourdough toast | 13.5

## ALL DAY PANCAKES

### AGAVE & VEGAN BUTTER (vg)

| 8

### STICKY PEACHES (vg)

Coconut yoghurt & toasted sweet seeds | 9

### RASPBERRIES (vg)

Coconut yoghurt & crushed pistachios | 9

### PEANUT BUTTER & BANANA

Crushed toasted pecans & protein powder | 8

### CRISPY MARKET BACON

Maple syrup | 9.50

### SCRAMBLED EGG

Crispy market bacon & maple | 10

Pancakes can be made gluten free & vegan upon request

## TOAST

### SOURDOUGH TOAST

Smashed avocado, two poached eggs, breakfast radish, green sauce & land cress | 9

### SOURDOUGH TOAST (vg)

Tofu scramble, grilled pak-choi & toasted seeds | 9.5

### ADD TOPPINGS:

Smoked salmon | 3

Market streaky bacon | 3

Fried mushroom & spinach (vg) | 3

## EGGS

### BAKED EGGS

Served on homemade baked beans with baby spinach & hint of chilli | 9.5

### EGG FRIED BREAD

Homemade bread dipped in egg & fried in butter with hollandaise sauce & land cress, with your choice of topping:

Market sliced ham | 9.5

Smoked salmon | 11.5

Fried mushroom & spinach (vg) | 9.5

Give our sister venues a visit:

