

Sandwiches

Available all day.

Humus and roasted pepper	£6.50
Mature cheddar cheese and mango chutney	£6.50
Honey roasted ham and Dijon mustard	£6.70
Carrot, beetroot and avocado	£6.70
Roast beef and horseradish sauce	£6.70
Egg mayonnaise and bacon	£6.90
Tuna mayonnaise and red onion	£6.90
North Atlantic prawns with Marie Rose sauce	£8.50
Smoked salmon and cream cheese	£8.50

All sandwiches are prepared with your choice of wholegrain or white bread and served with a tomato salsa and tortilla chips.

Wraps

Available between 12noon - 5pm.

BBQ Pulled Pork	£8.50
Chargrilled chicken and avocado	£8.50
Cranberry, walnut and chickpea salad	£8.50

All wraps served with a tomato salsa and tortilla chip.

Light Lunches

Available between 12noon to 5pm.

Soup of the Day	£5.95
Served with bread roll and butter	
Toasted Sandwich Selection	£7.50
Choice of any two fillings ham, mature cheddar cheese, tomato, onion	
Hot Baked Jacket Potatoes	£8.90
Your choice of one filling from; cheese, baked beans, tuna mayonnaise, prawn Marie Rose or chilli beef. Served with dressed mixed leaves, sliced tomato and coleslaw.	
Extra fillings – £2 each	
Baked Camembert	£10.25
Served with dipping garlic bread. Available between 12 -2pm	
“Hydro” Club	£9.80
Our special triple-decker with chicken, bacon, lettuce, tomato and mayonnaise all on your choice of toasted bread	
Trio Lunch Platter	£12.50
Soup of the day	
1 round of sandwiches with choice of fillings from our sandwich selection	
Skinnies. Smoked salmon and prawn fillings - supplement £2	
Hydro Deli Sandwich	£8.95
Pastrami, Swiss cheese, coleslaw, lettuce, tomato and Dijon mustard	
Served on wholegrain bread with a tomato salsa and tortilla chips	
Chips	£3.85
Skinny Fries	£3.85
Side Salad	£3.85

Our light lunches are made freshly to order and during busy periods delays may occur.

Light Lunch Menu Selection

Available between 12noon to 2pm.

Home Made 10' Pizza

- Margherita	£10.50
- Ham and mushroom	£11.50
- Chorizo, grilled chicken and peppers	£12.50

Red Onion, Sundried Tomato and Basil Calzone (v)

With Provencal olive salad and vegan pesto. £12.50

Chicken Caesar Salad

Pan roasted chicken breast, cos lettuce, anchovies, croutons and parmesan cheese bound together with Caesar dressing

£12.50

Chicken Tikka Kebabs*

Served on a dill scented yoghurt dressed leaves

£12.50

Hot BBQ Pulled Pork Panini

Served with grilled cheese and skinny fries.

£11.50

Mediterranean Seared Salmon*

Seared fillet of salmon on roasted Mediterranean vegetables, coriander and balsamic dressing

£13.60

Hydro Gourmet Burger

Homemade beef burger topped with grilled pancetta and Monterey Jack in a brioche bun. Served with tomato, lettuce and skinny fries.

£13.50

Beef Lasagne

Served with garlic bread and salad garnish.

£11.95

Pan Roasted Portobello Mushroom Steak* (v)

With haricot verd, charred onion petals and chimichurri.

£12.95

Beer Battered Cod

Deep fried cod in beer batter with chips and tartare sauce

£12.50

Deep Fried Scampi

Served with chips and tartare sauce.

£14.50

Hydro Omelette *

Freshly made three egg omelette with choice of one filling

Served with chips

Filling Choice: cheese, tomato, ham or mushrooms Extra fillings - £2 each

£11.50

All our dishes are made freshly to order and during busy periods delays may occur.

*Gluten free

Afternoon Tea

Available between 3.00pm-5.30pm

Hydro Afternoon Tea	£17.50
(Served on cake stand)	
Traditional tea sandwiches	
Selection of cucumber, cheddar cheese, Sussex ham and smoked salmon	
Fresh homemade scone with fresh clotted cream and jam	
A selection of cakes and sweet pastries	
Tea or coffee	
Vegan Hydro Afternoon Tea	£17.50
(Served on cake stand)	
Served with selection of vegan sandwiches	
Fresh homemade scone with fresh vegan cream and jam	
A selection of vegan cakes	
Tea or coffee	
The Hydro Speciality Tea	£11.50
A round of cucumber sandwiches	
Freshly baked scone with clotted cream and individual preserve accompanied by your choice of either tea or coffee	
Tea Time Cakes and Pastries	£8.50
A selection of tea time cakes and pastries of the day.	
The Sussex Cream Tea	£7.50
Freshly baked scone with clotted cream and individual preserve accompanied by your choice of either tea or coffee	
The Downs Tea	£7.20
Homemade fresh cream chocolate éclair accompanied by your choice of either tea or coffee	
The Lawns Tea	£6.20
Hot buttered toasted tea cake served with your choice of either tea or coffee	

Add a glass of chilled Prosecco to your afternoon tea for a total of only £26.50 per person. Advanced reservations are recommended; please advise of any dietary requirements at the time of booking.