

*Hydro Hotel*  
EASTBOURNE

## LOUNGE MENU

PLEASE PLACE YOUR ORDER  
WITH OUR LOUNGE OR BAR STAFF



Drinks are available from the hotel bar throughout the day or from the lounge staff if the bar is unavailable.

If you suffer from a food allergy or intolerance, please inform a member of staff, who will be happy to assist you when placing your order.

Guest wishing to use E-cigarettes are respectfully asked to do so outside the hotel.

All prices are inclusive of VAT at the standard rate. Gratuities are at your discretion.

# LOUNGE MENU

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Available from 9am to 5pm

<b>Pot of coffee</b> per person	£4.95	
Fresh filtered or decaffeinated with homemade chocolate cookie		
<b>Pot of tea</b> per person with homemade chocolate cookie	£4.95	
Earl grey, Darjeeling, Assam, green, English breakfast, pure camomile, peppermint, decaffeinated, red bush, fruit teas - ask your waiter for our selection		
<b>Bacon sandwich</b> (available 9.30-11.30am)	£11.00	
Prepared with your choice of wholegrain or white bread		
<b>Choice of Bronte biscuits</b>	£2.70	
Ginger crunch, chocolate chip, Viennese whirl, fruit shortbread or lemon flavoured shortcake		
<b>Toasted crumpet</b>	£4.95	
Served with individual preserve of your choice and butter		
<b>Toasted tea cake</b>	£4.95	
Served with individual preserve of your choice and butter		
<b>Homemade fresh cream chocolate éclair</b>	£6.50	
<b>Victoria sponge cake</b>	£6.50	
<b>Carrot cake</b>	£6.50	
<b>Chocolate fudge cake</b>	£6.50	
<b>Freshly baked scone</b>		
Served with individual strawberry preserve		£6.25
Served with individual strawberry preserve and clotted cream		£7.00
<b>Gluten free cakes</b>	£5.75	
Choice of fruit cake, chocolate brownie or lemon drizzle		
<b>Vegan cakes</b>	£5.75	
Fruit flapjack, lemon drizzle, chocolate brownie		

# CONSERVATORY COFFEE BAR

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Available from 9.30am to 8pm

<b>Espresso</b>	£4.50
Short, strong, sweet and black; just what you need to start the day and perfect after a meal	
<b>Espresso Doppio</b>	£5.25
A double shot of espresso; twice the strength for an extra kick	
<b>Cappuccino</b> - small/regular	£4.75/£5.25
Espresso topped with steamed, frothed milk and a sprinkling of chocolate	
<b>Americano</b>	£5.25
Espresso coffee topped with hot water served with or without cream or milk	
<b>Hydro 'Flat White'</b>	£5.25
A double shot of espresso coffee with steamed milk and lots of flavour	
<b>Café Latte</b>	£5.25
Espresso with plenty of steamed milk and lots of flavour.	
Add syrup to your latte for extra	£0.75
Choice of caramel, vanilla, spiced pumpkin or hazelnut	
<b>Mocha</b>	£5.25
Espresso with chocolate topped with steamed, frothed milk and sprinkling of chocolate; spoil yourself with the ultimate coffee indulgence	
<b>Cafetiere Coffee</b> per person	£5.25
Freshly brewed to order	
<b>Classic Hot Chocolate</b>	£5.25
Hot chocolate served with steamed milk	
<b>Deluxe Hot Chocolate</b>	£5.75
Hot chocolate served with steamed milk, topped with whipped cream, marshmallows, a sprinkle of chocolate topped with chocolate flake	
<b>Babyccino</b>	£2.60
Steamed and frothed milk, sprinkled with chocolate	
<b>Glass of Milk</b>	£3.30

# SANDWICHES

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Available from 12 noon

<b>Hummus and roasted pepper*</b>	£10.50
<b>Mature cheddar cheese and mango chutney</b>	£10.50
<b>Honey roasted ham and Dijon mustard</b>	£11.00
<b>Carrot, beetroot and guacamole*</b>	£10.50
<b>Roast beef and horseradish sauce</b>	£11.00
<b>Egg mayonnaise and bacon</b>	£10.50
<b>Roast turkey with cranberry sauce</b>	£11.00
<b>Coronation chicken</b>	£11.50
<b>Tuna mayonnaise and red onion</b>	£11.00
<b>Fresh poached salmon with chive mayonnaise</b>	£11.50
<b>North Atlantic prawns with Marie Rose sauce</b>	£11.50
<b>Smoked salmon and cream cheese</b>	£11.50
<b>Bacon and brie</b>	£12.00

All sandwiches are prepared with your choice of brown seeded or white bread and served with red coleslaw and crisps.

\*Served with garnish and crisps.

<b>Toasted sandwich selection</b> (available from 12.00-5.00pm)	£12.50
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Choice of any two fillings:

Ham, mature cheddar cheese, tomato, onion, bacon & brie

All toasted sandwiches are prepared with your choice of brown seeded or white bread and served with red slaw and crisps.

# LIGHT LUNCH MENU

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Available from 12 noon to 5pm

## STARTERS

£9.50

### **Slow roasted barbeque pork bites** (gf)

Parsnip purée, barbeque and sesame seed sauce

### **Deep fried panko brie** (v)

Served with sugar dried cranberry compote, orange syrup

### **Whitebait**

Served with garlic mayo, tomato salsa and lemon mayo dips

### **Warm feta, mint and pea frittata**

Served with Mustard dressing (v, gf)

### **Sriracha king prawn with a pomegranate** (gf)

Served with Lime and mango salsa

### **Homemade soup**

Served with bread roll and butter

- Roasted tomato & basil soup (vegan)
- Creamed celeriac and thyme soup, pancetta
- Chicken noodle and sweetcorn clear soup, parsley

## MAINS

### **Hydro gourmet burger**

£22.50

Served with lettuce, tomato, Monterey Jack, maple cured pancetta, tomato relish, yellow mustard, red slaw and skinny fries

### **Hydro vegan burger** (vegan)

£22.50

Served with lettuce, tomato, vegan cheese, tomato relish, yellow mustard and skinny fries

### **Shepards pie** (gf)

£21.50

With cheddar glazed mash, tenderstem broccoli, red wine sauce

### **Mediterranean seared salmon** (gf)

£21.50

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

### **Fresh beer battered cod loin**

£22.50

Deep fried cod in beer batter with chips and garden peas

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## LIGHT LUNCH MENU

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**Confit leg of duck** (gf) £22.50  
Braised red cabbage, glazed baby carrots, griottines cherry sauce

**Hydro omelette** (gf) £20.00  
Freshly made three egg omelette with choice of  
TWO filling served with chips  
Filling choice: cheese, tomato, ham or mushrooms  
Extra fillings £3.50 each

**Braised beef, mushroom and Harvey's ale pie** £21.50  
Mashed potatoes and petit pois

**Cajun spiced chicken** (gf) £21.50  
Crème fraîche, Mardi gras salad with asparagus

**Carrot and cashew nut roast** (vegan) £19.50  
Roasted new potatoes, vegetables, omato fondue sauce

**Beef lasagne** £21.50  
Served with salad garnish and skinny fries

**Paupiette of plaice with salmon mousse** £22.50  
Sautéed red onion potatoes, dill cream sauce

**Slow braised shank of lamb** (gf) £24.50  
Mashed potatoes, braised root vegetables, port wine jus

**Chicken Caesar salad** £20.50  
Pan roasted chicken breast, cos lettuce, anchovies, croutons  
and parmesan cheese bound together with Caesar dressing

**Grilled fillet of seabass** (gf) £22.50  
Pan fried sweet potato, fine beans, asparagus, Italian tomato oil

**Broccoli, spinach and feta cannelloni** (v) £19.50  
Sweet cherry tomato fondue, parmesan cheese sauce

**SIDES** all £5.50 each

Cheesy garlic Ciabatta roll

Chips or Skinny fries (add cheese £2.00)

New potatoes

Broccoli

Side Salad

Vegetables fries (carrot, beetroot & parsnip)

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## LIGHT LUNCH MENU

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### SALADS

£21.50

All salads are served with red coleslaw, potato salad and warm ciabatta bread

**Char grilled breast of chicken** with a coarse grain mustard vinaigrette

**Roast topside of beef** with a horseradish sauce

**Poached dill scented salmon** with lemon mayonnaise

**Cheddar cheese** with pickle (v)

**Avocado** with beetroot (vegan)

**Ham** with Dijon mustard

### DESSERTS

£10.50 each

**Hot steamed sponge pudding** with custard

**Dark chocolate torte** with chocolate sauce, blackberry sorbet

**American style cheesecake** with red cherry compote

**Fresh fruit salad** with mango sorbet

**Selection of ice creams** (3 scoops) choice of vanilla, strawberry, chocolate or coffee

**Selection of sorbets** (3 scoops) choice of orange, mango or lemon

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

# AFTERNOON TEA

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Available from 3pm to 5pm

**Hydro Afternoon Tea** per person £27.95

Served on cake stand

Selection of handmade sandwiches on white and brown bread:

Oak smoked salmon, cream cheese,  
Lightly peppered rocket and cucumber,  
Sussex ham and Dijon mustard

Hydro baked sultana scone with fresh clotted cream and strawberry preserve

Assortment of cakes and pastries

Tea or coffee

**Vegan Hydro Afternoon Tea** per person £27.95

Served on cake stand

Selection of handmade sandwiches on white and brown bread

Hummus and roasted bell pepper  
Lightly peppered rocket and cucumber  
Guacamole, carrot and beetroot

Hydro baked vegan scone with fresh vegan cream, strawberry preserve and  
vegan butter

Assortment of vegan cakes and pastries

Tea or coffee

**Children's Afternoon Tea** per child £18.50

Served on our hydro cake stands

Selection of handmade sandwiches in white and brown bread

Nutella chocolate spread  
Sussex Ham  
Strawberry jam

Hydro plain scone with strawberry preserve, clotted Cornish cream, butter

Assortment of children's cakes

# SPARKLING WINE

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	Per Bottle	125ml Glass
<b>Prosecco, Extra Dry</b> - Veneto, Italy	£40.00	£7.50
Pale light yellow colour with delicate bubbles. An aromatic nose of wild apple with hints of honey and floral notes. Light bodied and well balanced, this is a perfect aperitif. (VE)		
<b>Prosecco Rose</b> - Veneto, Italy	£40.00	£7.50
Delicate but complex nose of red fruit and citrus. There are fine bubbles on the palate and fruity notes of white peach, green apple and lemon. (VE)		
<b>Bolney Bubbly</b> - The Bolney Estate, N.V. Brut Sussex, UK	£65.00	
Delightful floral and brioche notes combine with zesty citrus fruit, honeysuckle and elderflower. It is delicate and well balanced, finishing with a soft fresh hint of sweetness. In heart of Sussex since 1972.		
<b>Plumpton Estate Brut Rosé NV</b> - Sussex, UK	£65.00	
Made by the traditional method using a classic blend of Pinot Meunier and Pinot Noir. Dry, with Crisp acidity and a delicate, persistent mousse. A superb marriage between freshness and finesse. This wine displays white peach and strawberry notes with a creamy brioche roundness and a long elegant finish.		

# WHITE WINE

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	Per Bottle	175ml Glass	250ml Glass
<b>Sauvignon Blanc</b> - South Africa	£29.00	£6.90	£9.80
Lifted notes of gooseberry and passionfruit underpinned with citrus notes, incredibly balanced with a crisp mineral finale.			
<b>Pinot Grigio</b> - Italy	£31.00	£7.50	£10.50
A classic Pinot Grigio white from Northern Italy, this wine is light-bodied and delicate. Crisp and dry with notes of tree fruits including pears and peaches, plus hints of lemon on the finish. Enjoy alongside light shellfish or vegetarian dishes.			
<b>Picpoul de Pinet</b> - France	£38.00	£9.50	£14.00
Crisp and dry on the palate with additional notes of peach and melon, there is a backbone of intense minerality and a zippy, clean acidity that work together to deliver a long refreshing finish			
<b>Chardonnay</b> - Australia	£31.00	£7.90	£11.00
Fresh and well balanced, plenty of tropical fruit flavours of melons and peach with rich aromas.			

The above wines are also available in a smaller 125ml measure upon request.

## RED

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**Pinot Noir, Cramele Recas** - Romania £33.50 £8.00 £11.50

Complex aromas of black cherry, raspberry and cinnamon. Medium bodied with dried fruit notes that combine with fresh red berries and sweet spice on the palate.

**Tempranillo Cabernet Sauvignon** - Italy £33.00 £8.00 £11.50

Deep cherry red colour with hints of violet. Aromas of chocolate and liquorice. The palate is structured, intense and well balanced, with silky tannins.

**Merlot** - South Africa £29.00 £6.90 £9.80

Ruby in colour, this typical example of Merlot is supple and full-bodied with flavours of damson, plum and black cherry.

**Malbec, Tribu** - Argentina £31.00 £7.50 £10.50

An up - front ripe red fruit nose with sweet spice hints, that lead into a voluminous structure of cherries and plum, followed by a warming pleasant finish.

## ROSE

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**Sauvignon Blan Rose** - South Africa £29.00 £6.90 £9.80

Pale pink in colour, the blend of this rose is based around Sauvignon Blanc and as a result is vibrant and aromatic. Expect flavours of citrus, redcurrant and some herbaceous aromas.

**Pinot Grigio Blush** - Italy £31.00 £7.50 £10.50

Produced by Primi Soli from the famous vineyards of Northern Italy. This elegant and fragrant Pinot Grigio Blush is delicately aromatic and deliciously crisp on the palate with a refreshing burst of red summer berries. Wonderful as an aperitif or alongside light chicken and fish dishes.

**White Zinfandel** - USA £30.00 £7.50 £10.50

Full of ripe fruit aromas such as peaches, mango and melon. Juicy on the palate with strawberry and tropical fruit flavours with fresh acidity balancing the sweetness.

### Provence Rosé

Chateau L' Oasis Provence France £37.50

A dreamy soft pink colour. Elegant and fine flavoured red berries with a hint of spice. Lots of finesse, a truly delightful wine.

The above wines are also available in a smaller 125ml measure upon request.

## BOTTLED BEERS AND CIDERS

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<b>Corona Extra/Cero</b>	4.5%/0%	£4.50
<b>Old Mout Cider</b>	4%	£7.50
<b>London Pride</b>	4.7%	£7.50
<b>Old Speckled Hen</b>	5.2%	£7.50
<b>Long Man Blonde/APA</b>	4.1%	£7.50
<b>Guinness 44cl / Guinness 0%</b>	4.5%/0%	£6.00
<b>Old Mout 0% Cider</b>	0%	£7.00

## MINERALS AND JUICES

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<b>Coca Cola/Diet/Lemonade</b> - half pint glass/dash	£2.80/£1.80
<b>Appletiser</b>	£4.90
<b>Zero Coke</b>	£4.90
<b>Fever-Tree Mixers</b>	£3.70
Tonic water - Original, Light, Elderflower, Lemon, Aromatic & Ginger ale	
<b>J2O</b>	£4.90
Apple & Mango, Orange & Passion Fruit or Apple & Raspberry	
<b>Folkington's Juice</b>	£4.90
Orange, Apple, Cranberry, Pineapple, Tomato	
<b>Folkington's Sparkling</b> 330ml	£5.00
Elderflower, Ginger Beer, Pink Lemonade	
<b>South Downs Mineral Water</b> 750/330ml	£6.20/£3.60
Still/Sparkling	
<b>Lime &amp; Soda</b>	£1.80
<b>Red Bull</b>	£4.90

## DRAUGHT BEER AND CIDER

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		Pint	Half
<b>Pardal</b>	3.8%	£6.70	£3.35
<b>Appleshed Cider</b>	4.8%	£6.20	£3.10
<b>Dortmunder Union Pills</b>	4.8%	£6.70	£3.35
<b>Peroni</b>	5.0%	£7.70	£3.85
<b>Harvey's Bitter</b>	4.0%	£7.20	£3.60