

## ABOUT RENS KITCHEN...

**HERE AT RENS, WE TAKE HUGE PRIDE IN ALL OUR FOOD.**

From our daily chef's specials and our delicious cakes, right down to our signature focaccia bread, everything is made right here every day by our brilliant team of chefs and bakers!

Once you find us, we know you'll be a regular. We look forward to seeing you for lunch soon! If you can't get out to us, and would like us to deliver, please just let us know and we'll do our best to add you to our delivery rounds!

## RENS VEGAN!

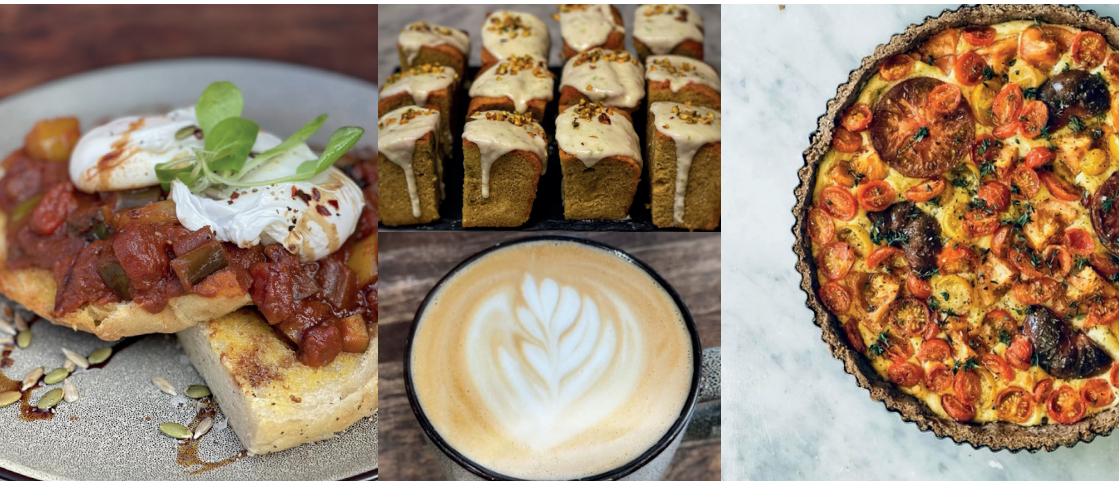
I have been vegan since 2020 (but don't worry - we still do the best meat around thanks to our amazing local butcher, Ashley!)

Inspired by my recent food journey, we have tried to include as many fresh and exciting meat free options as possible. Even if you are a devoted meat lover, give one a go and let me know what you think!

## WEDDINGS AND EVENTS...

This is what we really specialise in! From bespoke weddings, to office meetings, right down to intimate dinner parties and family barbecues!

Please ask any of our events team if we can give you any help or information, or check out our website to browse our menus.



**Follow us on Facebook, twitter, Instagram**  
**Delivery available via Justeat, Deliveroo, Uber Eats!**

## OPENING HOURS:

Mon- Friday 8am till 5.00pm. Sat-Sunday 8am till 2pm  
54 Meads Street, Eastbourne, East Sussex BN20 7RH. Tel: 01323 573085  
Delivery free for local orders over £20

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# REN'S KITCHEN

CAFE • BAKERY • CATERER

**TAKEAWAY MENU**  
**2023-24**

**01323 573085**

## BREAKFAST

(SERVED TILL 12.00PM)

**RENS FULL HOUSE 11.50**  
Two eggs, Butcher's sausage, smoked bacon, hash browns, beans, field mushroom, grilled tomato, white or granary toast

**VEGGIE FULL HOUSE 10.50**  
Two eggs, vegan sausage, beans, halloumi, hash brown, field mushroom, grilled tomato, white or granary toast

**VEGAN FULL HOUSE 10.50**  
Vegan sausage, tofu scramble, avocado, grilled tomato, field mushroom, hash brown, white or granary toast

**ULTIMATE BREAKFAST SANDWICH**  
**1 FILLING 5.50**  
**2 FILLINGS 7.00**  
**3 FILLINGS 8.50**

Sausage, fried eggs, smoked bacon in focaccia or ciabatta

**EGGS BENEDICT 9.00**  
Two poached eggs on toasted focaccia with fresh hollandaise, topped with smoked bacon, smoked salmon or grilled field mushroom and tomato

**OMELETTE 9.95**  
Choose any two fillings served with chunky chips, fresh slaw, and side salad. Ham, cheddar, chorizo, goats cheese, mushroom, tomato, onion

**SHAKSHUKA 8.75**  
North African spiced tomato and vegetable stew topped with poached eggs served with toasted focaccia - perfect for breakfast or brunch! Add chorizo 1.50

**AVOCADO ON TOAST 7.25**  
Smashed avo on toasted focaccia with extra virgin olive oil, chilli, toasted seeds. Add smoked streaky bacon or poached eggs 1.25

**BUTTERMILK WAFFLES/  
VEGAN BANANA WAFFLES 9.00**  
Fluffy buttermilk waffle stack with maple syrup, topped with:  
- fresh berries, Greek yoghurt  
- fresh berries, soya yoghurt (vegan)  
- crispy bacon

**HOME MADE GRANOLA 6.75  
(VEGAN/SUGAR FREE)**  
With Greek yoghurt or vegan soya yoghurt, sliced banana, maple syrup

**BREAKFAST EXTRAS**  
Smoked bacon, Butchers sausage, Chorizo, Black pudding, Avocado, Eggs **1.75**  
Field mushroom, Tomato, Hash Brown, Beans **1.25**

## KIDS BREAKFAST

(SERVED TILL 12.00PM)

**KIDS BREAKFAST**  
**SCRAMBLED EGG ON TOAST 3.50**  
**BAKED BEANS ON TOAST 3.50**  
**JAM ON TOAST 3.00**  
**KIDS FULL HOUSE**  
(sausage, egg, bacon, beans, toast) **4.95**  
**KIDS WAFFLES 4.95**

## RENS BURGERS

**REN'S CLASSIC 8.75**  
Handmade beef Burger, smoked streaky bacon, mature cheddar, tomato salsa, chipotle mayo, lettuce, tomato, onion ring, brioche bun

**VEGAN CLASSIC 8.75**  
Vegan 'beyond' burger, vegan cheddar, portobello mushroom, tomato salsa, chipotle mayo, lettuce, tomato, onion ring, brioche bun

**ANY BURGER WITH CHUNKY CHIPS  
AND CANNED DRINK ONLY 10.75**

## FRESHLY MADE SANDWICHES, SALADS OR JACKETS POTATOES

### BREADS AVAILABLE

Home made focaccia, sourdough, ciabatta, farmhouse white, granary, giant wrap, gluten free roll

### HAVE IT AS FRESH SALAD BOX OR JACKET POTATO!

**RENS CLUB 7.25**  
Grilled chicken, smoked bacon, mature cheddar

**BBR 7.25**  
Smoked bacon, grilled brie, red onion chutney

**REUBEN 7.25**  
Slow cooked ham, swiss cheese, home made pickles, English mustard

**CALIFORNIAN 7.25**  
Roast chicken, avocado, crispy bacon, sweet chilli

**PULLED PORK 7.25**  
Pulled pork with our own barbeque glaze, fresh slaw, Pickled red onions (vegan available with barbecue jackfruit)

**MEXICAN: 7.25**  
Spicy fajita chicken with fresh salsa, jalapenos (vegan available with fajita spiced king oyster mushrooms)

**ITALIAN 7.25**  
Vine Tomato, buffalo mozzarella, fresh basil, toasted pine nuts, pesto mayo (vegan available with vegan mozzarella)

**MEDITERRANEAN 7.25**  
Grilled goats cheese, smokey roast vegetables, toasted walnuts and seeds, balsamic glaze(vegan available with vegan mozzarella)

## KIDS MAINS

**JACKET POTATO 5.50**  
With two fillings, crunchy salad (cheese, beans, pulled pork, ham, roast veggies)

**SALAD OR SANDWICH 4.00**  
With two fillings (ham, cheese, avo, bacon, goats cheese, roast veggies, chicken)

## SIDES

**CHUNKY CHIPS 3.00**  
**CHEESY CHUNKY CHIPS 3.75**  
**FULLY LOADED 'DIRTY' CHIPS 5.50**  
Topped with pulled pork, grilled cheese, jalapenos, fresh tomato salsa. Or topped with vegan pulled jackfruit, vegan cheese, jalapenos, fresh tomato salsa (vegan)  
**ONION RINGS 3.75**  
**SWEET POTATO FRIES 3.75**

## SOMETHING SWEET

**HOMEMADE CAKES from 2.50**  
(ask for today's selection)  
**CHOCOLATE BROWNIE 2.75**  
(vegan/gluten free)  
**FRUIT AND NUT FLAPJACK 2.75**  
**GIANT CINNAMON BUN (vegan) 2.75**

## DRINKS

Made by our trained baristas using locally supplied fairtrade coffee beans

**CAPPUCCINO 2.80/3.10**  
**LATTE 2.80/3.10**  
**AMERICANO 2.80/3.10**  
**ESPRESSO 2.40/2.80**  
**HOT CHOCOLATE 3.50**  
**FILTER 2.00/2.40**  
**TEA 2.00/POT 3.00**  
(Builders/Earl Grey/ Herbal/ Green Tea)  
**FRESH JUICES 4.00**  
(add shot of spirulina £1)  
**FRESH SMOOTHIES 4.00**  
(add scoop of vegan protein £1)  
**CANNED DRINKS 1.50/2.00**  
**WATER 1.50**