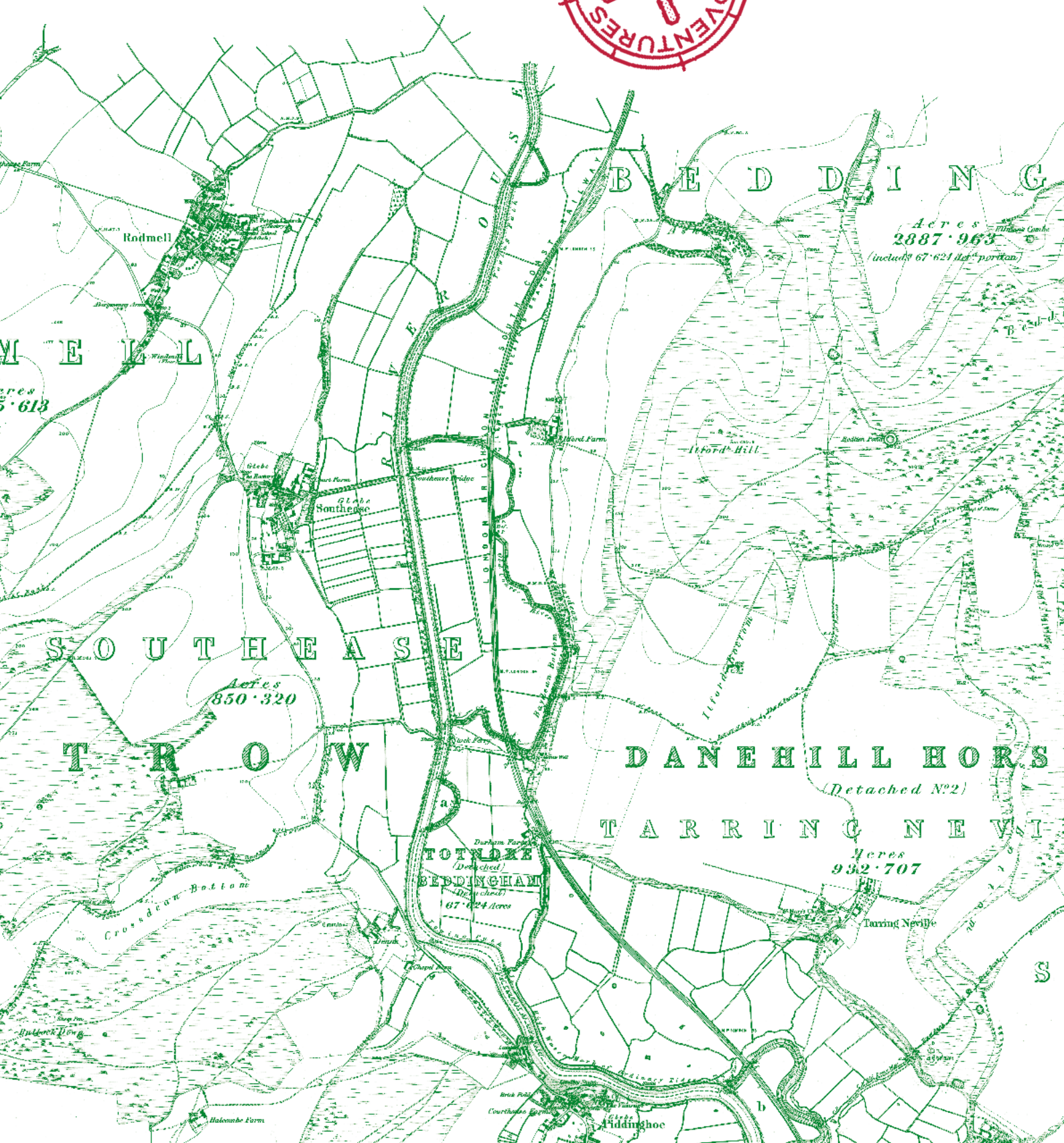


YHA South Downs Menu



Brunch

Served until 2.00pm

Loaded bap and hot drink

Brunch bap meal deal £8.50

Choose one of our loaded brioche-style brunch baps and a freshly brewed hot drink...

Loaded brunch bap

Sausage, bacon and hash brown, topped with a fried egg

615 kcal

Loaded veggie brunch bap (v)(vo)

Veggie sausages, hash brown, baked beans, topped with a fried egg

446 kcal

Lunch

Served until 5.00pm

Soup of the day (v) £6.95

Served with a warm roll and butter

257 kcal

Jacket potato £7.50

Choose from tuna mayonnaise or beans and cheese (v)(vo)

Served with a salad garnish

590/654 kcal

Toasties £5.95

Choose from ham and cheese, tuna melt,

baked bean melt (v) or cheese and tomato chutney (v)

Served with fries and dressed salad

466/588/534/484 kcal

Make it a meal

Toastie meal deal £8.50

Any toastie, with fries and salad or a mug of soup.

Served with a Marlish soft drink or any hot drink



(v) Vegetarian (vg) Vegan (vo) Vegan optional

If you have any questions, allergies or intolerances, or you require allergen information, please let us know before ordering.

*Does not include the ultimate YHA burger, sorry!

All-time favourites



A British classic

Hand battered fish and chips £13.95

With seasoned fries, tartare sauce and mushy peas

765 kcal

50p from this dish goes to our Breaks Programme; providing life-changing adventures for young people and families.

Butter chicken £12.95

A classic Indian dish featuring tender, marinated chicken pieces simmered in a rich, creamy tomato sauce infused with aromatic spices. Served with rice and naan

812 kcal

Sweet potato and chickpea curry (v)(vo) £12.95

Diced sweet potato with cooked chickpeas, red peppers and spinach in a mildly spiced coconut curry sauce. Served with rice and naan

682 kcal

Pesto pasta (v)(vo) £8.95

Fusilli pasta tossed in pesto, mixed with tomatoes and baby leaves. Served with garlic bread 554 kcal

Add buttermilk chicken fillet for £2 +102 kcal

Pie and mash £12.95

Choose from our all-steak or potato and leek pie (v)

Served with mash, onion gravy and mushy peas

878/902 kcal

Smothered chicken £12.95

Crispy buttermilk chicken fillet with bacon, sticky BBQ sauce and topped with melted mature cheddar cheese. Served with seasoned fries and our dressed house salad

613 kcal

Sausage and mash £10.95

Choose from prime pork sausages or veggie sausages (v)

Served with mash, onion gravy and garden peas

824/444 kcal

Scampi and chips £12.95

Wholetail Atlantic scampi served with seasoned fries, tartare sauce and mushy peas

537 kcal

Burgers

Served in a brioche-style bun with our signature burger sauce, gherkins, lettuce, sliced tomato and a side of seasoned fries or salad. Want to lose the bun? Just ask when ordering.

BBQ chicken stack £12.95

Crispy buttermilk chicken with crispy bacon, American cheese and our sticky BBQ sauce

742 kcal

The veggie one (vo) £12.95

A crispy bean burger with tangy tomato chutney and American cheese

790 kcal

The YHA burger £12.95

Prime beef patty with crispy bacon and topped with American cheese

861 kcal

Add a beer or drink for £1

Beer and burger deal £13.95

Any burger from the list above* and your choice of beer or soft drink. Ask a member of the team about the options.

Big appetite?

The ultimate YHA burger £14.95

Go large with our best burger to date. Double beef patties, American cheese, bacon and crowned with beer-battered onion rings

1311 kcal



Upgrade your burger

Add a prime beef patty 242 kcal £2.00

Jalapeño popper (v) 69 kcal £1.50

Onion rings (v) 89 kcal £1.50

Upgrade to curly fries (v) +24kcal £0.50

Pizzas

Made with our 12" premium pizza base, crafted in Italy. Each base undergoes an extended proving period before being hand-stretched and topped with fresh tomato pulp from Emilia Romagna, then stonebaked to perfection.

Margherita (v) (vo) £10.95

The classic cheese and tomato 779 kcal

Hawaiian £11.95

Ham, pineapple and melted cheese 853 kcal

Pepperoni £12.50

Pepperoni and melted cheese 1090 kcal

Mediterranean veg and tomato chutney (v) (vo) £11.95

Mediterranean vegetables, tangy tomato chutney and melted cheese or vegan mozzarella 852 kcal

Garlic pizza bread (vg) £10.95

Our premium pizza base topped with a light covering of tomato sauce and brushed with garlic butter 625 kcal

Add cheese for £1 (v) (vo) +299 kcal

Light bites and sharers

Loaded nachos (v) £9.50

Crunchy tortilla chips, topped with guacamole, tomato salsa, sour cream and nacho cheese sauce

1017 kcal

Cheesy chips and gravy (v) (vo) £5.95

Topped with melted cheese and delicious onion gravy

426 kcal

Chicken wings £5.95

Coated in your choice of sticky BBQ or peri peri sauce

430/421 kcal

Jalapeño poppers (v) £5.95

Tortilla breaded jalapeños filled with cream cheese, served with BBQ sauce dip

304 kcal

Sides

Fries (vg) 230 kcal £3.25

Curly fries (vg) 254 kcal £3.75

Beer-battered onion rings (v) 293 kcal £2.95

House salad (vg) 29 kcal £2.95

Garlic bread (v) 206 kcal £2.95

Add cheese for £1 (v) 124 kcal

Add a dip (v) (vo) £0.50

Garlic mayo, sticky BBQ, sweet chilli or peri peri

144/105/76/83 kcal

Kids & sweet treats

Kids

Choose one main and one dessert for £6.95

Mains

Scampi, fries and peas

317 kcal

Chicken nuggets, fries and beans

351 kcal

Pork or veggie sausages (v), fries and beans

585/325 kcal

Pesto pasta and garlic bread (v)(vg)

462 kcal

Desserts

Choc ice (v)

214 kcal

Fruit (vg)



Sweet treats

Chocolate brownie sundae (v) £6.50

Vanilla ice cream layered with chocolate brownie pieces, chocolate sauce and topped with whipped cream

757 kcal

Banoffee waffle stack (vg) £5.50

Belgian waffle served with sliced fresh banana, caramel sauce and whipped cream

638 kcal

Chocolate fudge cake (v) £5.50

Served with chocolate sauce and vanilla ice cream

543 kcal



Did you know?

Being a charity, every penny you spend helps us improve access to travel, adventure and the great outdoors. Cheers to that!



YHA Breaks Programme

The YHA Breaks Programme provides fully and part-funded trips for groups of young people and groups of families facing challenges that make travel and adventure difficult to access.



Would you like to know more about our YHA breaks fund and charitable work? Scan the QR code on the left to find out more.

Allergens

Please inform a member of our team of any allergy or dietary requirements before placing your order. Please check even if you have ordered the dish before, as ingredients can change, and the menus do not list all ingredients included.

Whilst we do our best to manage our food and ingredients, we cannot guarantee our food or drinks are allergen-free.



For allergen information please scan the QR code to the left, visit yha.mysaffronportal.com or ask a member of our team.

Nutritional info:

Adults need around 2000kcal a day. Calories are correct at the time of menu print. Live nutritional information is available from our Hostel Team. Our food and drinks are prepared in food areas where cross-contamination may occur, and our menu descriptions do not include all ingredients.

Our ingredients:

We source our ingredients with care, using British produce wherever possible.

Read more at yha.org.uk/food-drink