



# The Works Café

## “Good Food Changes The Mood”

**S**tarting the day on an empty stomach always yawns the need for a palatable satisfaction that not only curbs the appetite but also avoids that post binge slumber. As we all know skipping breakfast is not a wise move, for years told we have understood to get the best from your day you need to start it right. One of the most important factors to getting your day off to a good start is a good breakfast.

In the knowledge that we would be visiting the Works Café this Thursday morning I primed myself for a breakfast, something I rarely indulge in, as it usually puts me out-of-action in the office until lunch.

On route to the Works Café, I had no real expectations but was intrigued to visit this café that has had so many good reviews and positive feedback from our readers in months past. On arrival, the first thing I noticed was under the brow of the approaching road the café could not be missed, a conspicuous building with the ‘Works Café’ signage imposed straight ahead. You can’t miss it!

We were lucky enough to be blessed with a 20 degree September morning and on discovery of a well-kept garden with tables both in the sun and in the shade we chose to sit outside.

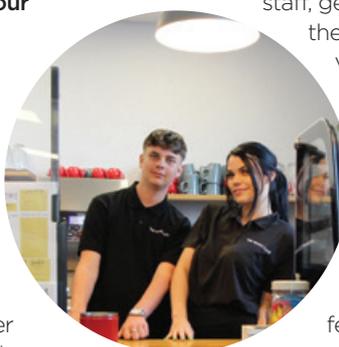
The waitress who greeted us was very polite she was with us immediately and showed us to the table with lovely easy to read menus. Within minutes a waiter arrived to take our drinks order, which was very welcomed in the sun. Soon after this we were approached again to take our food order. My accomplice decided to change his breakfast request, after

the food was ordered, the request to change the order was politely received and the order was changed without fuss.

We opted for a traditional full English and a more exotic choice of a Mediterranean feast. It was soon apparent why we have received such a large amount of positive feedback to this café, not to mentioning the service, friendliness of the staff, general upkeep of the building and gardens but

the food was fantastic. Extremely well presented, very clean and cooked to perfection. It is clear that the chef here has a lot more to offer than your usual café hash slinger. I was particularly impressed with how perfect the eggs were cooked and how clean and non-greasy the food was. Portion size was also very well thought through with the ‘fry up’ laid out to what seemed precision. The slightly lighter option of the Mediterranean feast was very light, a good selection of food, wonderful tastes and on a larger platter style plate.

The Works Café in Bexhill may just be the cause of a lot of late mornings at the office this year! [AC](#)



**Serving a selection of breakfast options until 11.30 and Lunches including light bites, burgers, toasties, wraps, salads and more. Kids menu and even a wide selection of cakes and thick shakes!**

**Open from 7.30am- 2.30pm every day except Mondays & Sundays**

[www.theworkscafe.co.uk](http://www.theworkscafe.co.uk)