

# FOOD MENU

## BREAKFAST SERVED TILL 12

The most important send of the day!

### SOURDOUGH TOAST £2.20

Two slices of sourdough bread, served with butter or vegan spread (V) (VGO) (GFO)

### BAGEL £2.00

Lightly toasted bagel, served with butter or vegan spread (V)(VGO)

#### ADD

Jam, Peanut Butter, Marmite or Cream cheese	£1.00
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### GRANOLA BOWL £3.50

Homemade gluten free granola served with milk (GF) (VGO)

### TOPPED OVERNIGHT OATS £3.50

Creamy overnight oats, packed with chai seeds. Check out our deli fridge for todays offering (VEO)(GF)

## GRILLED TOASTIE

All of our toasties are made fresh using sourdough bread & can be made gluten/dairy free on request. Served with optional side salad.

### CLASSIC CHEESE TOASTIE £5.50

Mature cheddar cheese & mozzarella (V) (VGO) (GFO)

### HAM & CHEESE TOASTIE £6.50

House Roasted Ham, Sliced Cheddar & Grated Mozzarella (GFO)

### CUBAN TOASTIE £7.00

Ham, Sliced Cheddar, Grated Mozzarella, Mustard & Homemade Dill Pickles (GFO)

### THE GREEN ONE £6.50

Homemade Pesto, Sliced Cheddar, Grated Mozzarella & Sundried Tomatoes (GFO)

### THE TUNA MELT £7.00

Tuna Mayo with Sweetcorn, Dill & Paprika with Sliced Cheddar & Grated Mozzarella

## SOURDOUGH PIZZA SERVED FROM 12

Sourdough Pizza - All our pizzas are pushed out by hand by our skilled kitchen crew. Using only fresh sourdough daily to ensure the tastiest crust. Can be made with vegan cheese on request.

	Small	Large
<b>MARGHERITA (V) (VGO)</b>	£6.50	£9.50
<b>HALLOUMI &amp; HOT HONEY (V)</b>	£8.00	£11.00
<b>MEAT FEAST</b>	£8.50	£11.50

Marinara Sauce, Grated Mozzarella, Bacon, Ham, Salami. Add BBQ Sauce (+1.00) or Jalapenos & Hot Honey (+1.00)

### FIVE A DAY £8.00 £11.00

Marinara Sauce, Grated Mozzarella, Red Onion, Red Pepper, Mushrooms, Sweetcorn & Green Olives (VGO)

#### EXTRAS

**DIPS** - Sriracha Honey (V), Garlic Mayo (VG), £1.50  
Spicy mayo (VG), Garlic butter (VG), Sweet BBQ (V)

#### EXTRA TOPPINGS

**VEG** - Red Onion, Green Olives, Mushrooms, Sweetcorn, Red Pepper, Basil, Jalapenos, Sun-dried Tomatoes £1.00  
**CHEESE** - Grated Mozzarella, Fresh Mozzarella, Halloumi, Cheddar £1.50  
**MEAT** - Ham, Salami, Tuna £2.00

#### SIDES

### GARLIC BREAD £3.00

Two slices of Sourdough Bread toasted with Garlic Butter (VG)  
Add Mozzarella £1.50

### DOUGHBALLS £5.00 £7.00

8 or 12 hand rolled dough balls served with homemade garlic butter (VG)

### SKIN-ON WEDGES £4.75

Hand-Cut, house roasted Maris Piper potato wedges with seasoning & your choice of dip

## DELI FRIDGE

Our deli fridge is filled with a selection of cakes, pasties, sandwiches, and fresh seasonal salads that change regularly, so make sure to check today's offering.

WE ARE FOCUSED ON LOCALLY SOURCED, FRESH PRODUCE & WORKING WITH GREAT INDEPENDENT BRANDS... ENJOY!

THE CLIMBING HANGAR 

OUR TAKEAWAY CUPS & FOOD PACKAGING ARE ALL RECYCLABLE

ALLERGENS - Please make our team aware if you have any allergies. Where possible, we will try to accommodate to any dietary requirements. While we take every precaution we can to prevent cross-contamination, our menu is prepared in an environment where allergens are present. GFO - Gluten Free Option available, VG - Vegan, VGO Vegan Option available V - Vegetarian & N - contains Nuts.

# DRINKS MENU

## HOT DRINKS

Made using our exclusive blend 'Wake me up before you dyno' by Neighbourhood Coffee

<b>DOUBLE ESPRESSO</b>	£2.40
<b>MACCHIATO/CORTADO</b>	£2.50
<b>AMERICANO</b>	£2.60
<b>CAPPUCCINO</b>	£3.20
<b>LATTE</b>	£3.20
<b>MOCHA</b>	£3.40
<b>FLAT WHITE</b>	£3.00
<b>HOT CHOCOLATE</b>	£3.00
<b>KIDS HOT CHOCOLATE</b>	£2.20
<b>ADD SYRUP</b> (Caramel, Vanilla, Hazelnut)	£1.00
<b>TEA</b>	£1.60
<b>DECAF TEA</b>	£1.60
<b>HERBAL TEA</b> Please ask our team for today's flavour offerings	£2.00
<b>ICED LATTE</b>	£3.20

## COLD DRINKS

<b>KARMA BOTTLE 300ml</b> Cola, Cola (sugar free), lemony, Gingerella or Razza raspberry lemonade	£2.90
<b>CAWSTON PRESS</b> Apple, Orange, Rhubarb, Elderflower	£1.90
<b>CAWSTON PRESS CARTON</b> Summer Fruits or Apple & Pear	£1.90
<b>TENZING 250ml</b> Original, Raspberry & Yuzu, Lime & Mint	£2.90
<b>TENZING 300ml</b> Blackberry & Acai, Pineapple & Passionfruit, Apple & Seaberry	£3.20
<b>REMEDY KOMBUCHA 250ml</b> Cherry & Plum, Peach	£2.90
<b>DASH WATER 330ml</b> Raspberry, Blackcurrant, Mango	£1.90

## SMOOTHIES

All our smoothies are blended with apple juice. Add unflavoured whey protein or vegan vanilla protein for £1.

<b>BERRY GO ROUND</b> Whole blackberries, raspberries and strawberries blended with apple juice	£3.75
<b>BIG 5</b> Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice	£3.75
<b>DETOX ZING</b> Ginger, courgette, banana, carrot and blueberry blended with apple juice	£3.75

## MILKSHAKES

Made to order, perfectly thick and creamy milkshake. Add unflavoured whey protein or vegan vanilla protein for £1.50

<b>LIVIN LA VIDA COCOA</b>	£4.25
<b>STRAWBERRY GLORY</b>	£4.25
<b>TOP BANANA</b>	£4.25

## BEER

**TAKE A LOOK IN OUR DRINKS & DELI FRIDGE FOR A WIDE RANGE OF LOCAL AND SUSTAINABLY MADE BEERS**