

# BREAKFAST SERVED TILL 12

The most important send of the day!

<b>SOURDOUGH TOAST</b> Two slices of sourdough bread, served with butter or vegan spread (V) (VGO) (GFO)	£1.60
Add Jam, peanut butter or Nutella.	£1.00
<b>GRANOLA BOWL</b> Homemade granola spiced with cinnamon, nutmeg and golden syrup served with vegan yoghurt (VG) (N)	£3.50
SCRAMBLED EGGS ON TOAST Perfectly made, seasoned with a pinch of salt & pepper (V) (GFO)	£5.00
HOMEMADE BEANS ON TOAST Homemade baked beans served on sourdough toast (V)(VGO)(GFO)	£4.75
SHROOMS ON TOAST Garlic mushrooms on sourdough toast (V)(VGO)(GFO)	£5.00

## **DELI FRIDGE**

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

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

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OUR TAKEAWAY CUPS & FOOD PACKAGING ARE ALL RECYCLABLE

## 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
MARGHERITA (V)(VGO)	£6.00	£9.50
<b>PEPPERONI</b> Homemade marinara sauce, mozzarella & pepperoni	£8.50	£11.50
<b>SWEET &amp; SPICY HALLOUMI</b> Mozzarella & halloumi drizzled with sweet & spicy sauce (V)	£8.00	£11.00
<b>THE VEG</b> Garlic mushrooms, red onion & olive (V)(VGO)	£8.00	£11.00
<b>GARLIC BREAD</b> Cheese optional (V) (VGO)	£6.00	£9.00
<b>DIPS -</b> Vegan garlic butter, Sriracha mayo, Garlic aioli (VG)		£1.50
EXTRA TOPPINGS		
VEG - Jalapenos, red onion, mushroom, olives, sundried tomato, rocket, pesto		£1.00
CHEESE - Mature cheddar, mozzarel halloumi, vegan cheese	la,	£1.50
MEAT - Ham or pepperoni		£2.00

## **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.

<b>CLASSIC CHEESE TOASTIE</b> Mature cheddar cheese & mozzarella (V) (VGO) (GFO)	£5.50
HAM & CHEESE TOASTIE (GFO)	£6.00
<b>CUBAN TOASTIE</b> Ham, sliced cheddar, grated mozzarella, mustard & dill pickles (GFO)	£6.50
<b>PESTO TOASTIE</b> Pesto, mozzarella & sundried tomato (V)(VGO)(GFO)	£6.50

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.



#### **HOT DRINKS**

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

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

# **COLD DRINKS**

<b>KARMA BOTTLE</b> 300ml 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</b> 250ml Original, Raspberry & Yuzu, Lime & Mint	£2.90
<b>TENZING</b> 300ml Blackberry & Acai, Pineapple & Passionfruit, Apple & Seaberry	£3.20
<b>REMEDY KOMBUCHA</b> 250ml Cherry & Plum, Peach	£2.90
<b>DASH WATER</b> 330ml Raspberry, Blackcurrant, Mango	£1.90

## **SMOOTHIES**

All our smoothies are blended with apple juice. Add unflavoured whey protein or unflavoured vegan protein for £1.50.

<b>AVO GO-GO</b> Creamy blend of avocado, broccoli, spinach, mango, coconut, ginger and lime	£3.75
<b>BIG 5</b> Pineapple, mango, kiwi and strawberries blend- ed with the fifth ingredient: apple juice	£3.75
<b>BLUEBERRY THRILL</b> Blueberries, raspberries, banana and flaxseeds blended with apple juice	£3.75
<b>PASH 'N' SHOOT</b> Passion fruit, pineapple and mango blended with apple juice	£3.75
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#### BEER

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



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