

# FOOD MENU

## BREAKFAST SERVED TILL 12

The most important send of the day!

### SOURDOUGH TOAST £2.00

Two slices of our homemade sourdough bread, served with buttery vegan spread. (VG) (GFO)

Local strawberry jam, peanut butter, honey, marmite or Nutella. £1.00

### BACON BUTTY £5.00

Local smoked back bacon OR "This Isn't Bacon" in between two slices of homemade sourdough with buttery spread and ketchup (GFO) (VGO)

### BEANS ON TOAST £4.75

Baked beans on sourdough toast. (VG) (GFO)  
Add cheese £1, Add bacon £2.

### TOPPED PORRIDGE

**Plain Porridge** £3.50  
Served with honey or maple syrup. (VGO)

**Banana Peanut Butter Chocolate Porridge** £5.00  
Porridge, banana flakes, peanut butter, dark chocolate & maple syrup (VGO) (N)

## 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

Local mature cheddar cheese (V)(VGO)(GFO)

### HAM & CHEESE TOASTIE £6.00

Local honey roasted ham & cheddar cheese (GFO)

### CUBAN TOASTIE £7.00

Local ham, pickled gherkins, mature cheddar & mustard (GFO)

### KALE PESTO & SUNDRIED TOMATOES £6.50

Nut-free kale pesto, sun-dried tomato & mozzarella (V)(VGO)(GFO)

THE  
**CLIMBING HANGAR**

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.

## 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>SALAMI</b>	£8.50	£11.50
Marinara sauce, mozzarella, basil & Milano salami (Add jalapenos for £1)		
<b>FUNGI</b>	£8.00	£11.00
Marinara sauce, mozzarella, mushroom, truffle oil, garlic oil & finely chopped parsley (V) (VG) (VGO)		
<b>GARLIC BREAD</b>	£6.00	£9.00
Mozzarella, garlic oil & fresh rosemary (V) (VGO)		
<b>DOUGHBALLS</b>	£5.00	£7.00
8 or 12 hand rolled dough balls served with homemade garlic butter (VG)		

### EXTRAS

<b>DIPS</b>	£1.50
Aioli, Sriracha mayo, Garlic butter, Kale pesto (VG)	
<b>EXTRA TOPPINGS</b>	
VEG - Mushroom, roasted squash, kale, olives, sun-dried tomato	£1.00
CHEESE - Mature cheddar, mozzarella, halloumi, vegan cheese	£1.50
MEAT - Salami, nduja, vegan nduja, bacon, vegan bacon	£2.00

## SANDWICHES & SALADS

All Sandwiches made with our delicious homemade bread.

### TOFU BAHN MI £6.50

Hoisin tofu, pickled carrot, cucumber, sriracha mayo & seasonal salad leaves (VG)

### HALLOUMI SANDWICH £6.50

Fried halloumi, roasted squash, chilli jam, aioli & seasonal salad leaves. (GFO)

### BLT £6.50

Local smoked back bacon OR "This Isn't Bacon", sun-dried tomatoes, aioli & seasonal salad leaves. (VGO) (GFO)

### SUPER SALAD £6.50

Seasonal salad leaves, steamed kale, grated carrot, cucumber, roasted squash, flaked almonds, pumpkin seeds & maple-tahini dressing.

Add Fried Halloumi for £1.50. (VG) (GF) (N)

### SIDE SALAD £3.50

Seasonal salad leaves, grated carrot, cucumber, sun-dried tomatoes & balsamic glaze (VG)

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

OUR TAKEAWAY CUPS & FOOD PACKAGING ARE ALL RECYCLABLE

# 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, 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, Mango	£1.90

## SMOOTHIES

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

<b>BIG 5</b> Pineapple, mango, kiwi and strawberries blended 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

## BEER

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