

# FOOD MENU

## BREAKFAST SERVED TILL 12

The most important send of the day!

**SOURDOUGH TOAST (V) (VGO) (GFO)** £2.20  
Two slices of sourdough bread, served with butter or vegan spread

**BAGEL (V)(VGO)** £2.00  
Lightly toasted bagel, served with butter or vegan spread

**ADD**  
Jam, Peanut Butter, Marmite or Cream cheese £1.00

**GRANOLA BOWL (VG) (N)** £3.50  
Homemade granola served with milk

**SCRAMBLED EGGS ON TOAST/BAGEL (V) (GFO)** £5.00  
Perfectly made, seasoned with a pinch of salt & pepper

## PANUZZOS SERVED FROM 12

Meet the Panuzzo: a flavourful pizza sandwich made with our signature homemade sourdough from British flour.

**AUBERGINE PARMIGIANA (VGO)** £7.45  
Roasted aubergine, marinara sauce, mozzarella, parmesan, garlic oil, basil & rocket

**FETA SUNBURST (VG)** £7.45  
Vegan feta, sun-dried tomatoes, roasted red pepper, aioli, garlic oil & rocket

**CAPRESE PARMA (VO)** £7.95  
Parma ham, cherry vine tomatoes, fresh mozzarella, basil, garlic oil, balsamic glaze & rocket

## SUMMER SALADS

**SUPER SALAD (VG)(N)(GF)** £6.50  
Seasonal salad leaves, grated carrot, cherry vine tomatoes, cucumber, radish, flaked almonds, pumpkin seeds, pesto drizzle & balsamic glaze

**EXTRAS**  
Add Fresh Mozzarella, Vegan Feta or Parma Ham £2.00

## SOURDOUGH PIZZA SERVED FROM 12

All our pizzas are pushed out by hand by our skilled kitchen crew. Using only fresh sourdough daily to ensure the tastiest crust. VGO on request.

	Small	Large
<b>MARGHERITA (V)(VGO)</b>	£6.00	£9.50

<b>PEPPERONI</b>	£8.50	£11.50
Homemade marinara sauce, mozzarella & pepperoni		

<b>SWEET &amp; SPICY HALLOUMI (V)</b>	£8.00	£11.00
Mozzarella & halloumi drizzled with sweet & spicy sauce		

<b>ROASTED VEG (V)(VGO)</b>	£8.00	£11.00
Marinara sauce, mozzarella, aubergine, red pepper, red onion & basil		

<b>GARLIC BREAD (V) (VGO)</b>	£6.00	£9.00
Cheese optional		

<b>DOUGHBALLS (VG)</b>	£5.00
8 hand rolled dough balls served with homemade garlic butter	

**EXTRAS**

<b>DIPS</b> - Garlic aioli, Garlic butter, Homemade pesto, Hot honey	£1.50
<b>EXTRA TOPPINGS</b>	
VEG - Jalapenos, Red onion, Sundried tomato, Rocket, Pesto, Aubergine, Roasted red pepper & Courgette	£1.00
CHEESE - Mature cheddar, Mozzarella, Halloumi, Vegan cheese, Vegan Feta	£2.00
MEAT - Ham or Pepperoni	£2.00

## DELI FRIDGE

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

## SUMMER SANDWICHES

All our sandwiches are made using thick malted bloomer and can be made GF or DF on request. Served with an optional sesame slaw.

<b>JUST CHEESE (V)</b>	£5.50
A simple mature cheddar sandwich	

<b>HAM &amp; CHEESE</b>	£6.00
Ham and mature cheddar	

<b>THE GREEN (VG)</b>	£6.00
Thinly sliced courgette, homemade pesto, vegan feta and rocket	

# 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>	£2.00

Please ask our team for today's flavour offerings

## BEER

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



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.

## COLD DRINKS

<b>KARMA CAN</b> 250ml	£2.00
Cola, Lemony, Gingerella or Razza raspberry lemonade	
<b>CAWSTON PRESS</b>	£1.90
Apple, Orange, Rhubarb, Elderflower	
<b>CAWSTON PRESS CARTON</b>	£1.90
Summer Fruits or Apple & Pear	
<b>TENZING</b> 250ml	£2.90
Original, Raspberry & Yuzu, Lime & Mint	
<b>TENZING</b> 300ml	£3.20
Blackberry & Acai, Pineapple & Passionfruit, Apple & Seaberry	
<b>REMEDY KOMBUCHA</b> 250ml	£2.90
Cherry & Plum, Peach	
<b>DASH WATER</b> 330ml	£1.90
Raspberry, Blackcurrant, Mango	

## SMOOTHIES

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

<b>AVO GO-GO</b>	£3.75
Creamy blend of avocado, broccoli, spinach, mango, coconut, ginger and lime	
<b>BIG 5</b>	£3.75
Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice	
<b>BLUEBERRY THRILL</b>	£3.75
Blueberries, raspberries, banana and flaxseeds blended with apple juice	
<b>PASH 'N' SHOOT</b>	£3.75
Passion fruit, pineapple and mango blended with apple juice	
<b>YARDE FARM ICE CREAM MINI TUBS</b>	£2.50

## SUMMER DRINKS

Refresh with our homemade summer drinks, made from fresh ingredients and a hint of sweetness. It's the ideal way to stay hydrated and energized during your climbing session.

<b>RASPBERRY LEMONADE</b>	£2.85
<b>ICED TEA</b>	£2.85
<b>ICED LATTE</b>	£3.40