

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.

ADD

Peanut butter, dark chocolate chips, banana flakes or Nutella. £0.50

GRILLED TOASTIE

Indulge in our freshly made toasties on sourdough bread. Customizable to be VG & GF upon request, with an optional side salad.

CLASSIC CHEESE TOASTIE (V)(VGO)(GFO) £5.50

Local mature cheddar cheese

HAM & CHEESE TOASTIE (GFO) £6.00

Local honey roasted ham & cheddar cheese

CUBAN TOASTIE (GFO) £7.00

Local ham, pickled gherkins, mature cheddar & mustard

PESTO & SUNDRIED TOMATOES £6.50

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

PANUZZOS SERVED FROM 12

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

AUBERGINE PARMIGIANA (V)(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

SOURDOUGH PIZZA SERVED FROM 12

Our talented kitchen crew whips up each pizza from scratch, using our in-house sourdough made with the finest British flour, ensuring a tantalizingly tasty crust. Vegan Cheese available.

	Small	Large
MARGHERITA (V)(VGO)	£6.50	£9.50
HALLOUMI & HOT HONEY (V)	£8.00	£11.00
SALAMI	£8.50	£11.50
Marinara sauce, mozzarella, basil & Milano salami (Add jalapenos for £1)		
ROASTED VEG (V)(VGO)	£8.00	£11.00
Marinara sauce, mozzarella, aubergine, red pepper, red onion & basil		
GARLIC BREAD (V)(VGO)	£6.00	£9.00
Mozzarella, garlic oil & fresh rosemary		
DOUGHBALLS (VG)	£5.00	£7.00
8 or 12 hand rolled dough balls served with homemade garlic butter		

EXTRAS

DIPS	£1.50
Aioli, chilli jam, garlic butter, pesto (VG)	
EXTRA TOPPINGS	
VEG - Sun-dried tomatoes, aubergine, pepper, rocket, cherry vine tomatoes, red onion.	£1.00
CHEESE - Mature cheddar, fresh mozzarella, halloumi, vegan cheese	£2.00
MEAT - Bacon, vegan bacon, salami, Parma ham, ham.	£2.00

SANDWICHES & SALADS SERVED FROM 12

All Sandwichs made with our delicious homemade bread.

HALLOUMI SANDWICH (V)(GFO) £6.50

Fried halloumi, roasted red pepper, chilli jam, aioli & seasonal salad leaves.

BLT (VGO) (GFO) £6.50

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

SUPER SALAD (GF)(VG)(N) £6.50

Seasonal salad leaves, grated carrot, cherry vine tomatoes, cucumber, radish, flaked almonds, pumpkin seeds, pesto drizzle & balsamic glaze

SIDE SALAD (VG)(GF) £3.50

Seasonal salad leaves, grated carrot, cucumber, cherry vine tomatoes & balsamic glaze

EXTRAS

Add fried halloumi, Fresh Mozzarella, Vegan Feta or Parma Ham	£2.00
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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.

DRINKS MENU

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
MOCHA	£3.40
FLAT WHITE	£3.00
HOT CHOCOLATE	£3.00
KIDS HOT CHOCOLATE	£2.20
ADD SYRUP	
Caramel, Vanilla, Hazelnut	£1.00
TEA	£1.60
DECAF TEA	£1.60
HERBAL TEA	£2.00

Please ask our team for today's flavour offerings

BEER

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

COLD DRINKS

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

SMOOTHIES

All our smoothies are blended with apple juice. Add vegan vanilla, chocolate or strawberry protein for £1.50.

BIG 5	£3.75
Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice	
BLUEBERRY THRILL	£3.75
Blueberries, raspberries, banana and flaxseeds blended with apple juice	
PASH 'N' SHOOT	£3.75
Passion fruit, pineapple and mango blended with apple juice	

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.

RASPBERRY LEMONADE	£2.85
ICED TEA	£2.85
ICED LATTE	£3.40