

# FOOD MENU

## BREAKFAST SERVED TILL 12

The most important send of the day!

**SOURDOUGH TOAST (V) (VGO) (GFO)** £2.20

Served with butter.

Jam, nut butter, seed butter or Marmite. £1.00

**BAKED PROTEIN OATS (VG)** £3.50

Flavours may change, ask staff for details.

**EGGS ON TOAST (V) (GFO)** £5.00

scrambled or fried eggs served on sourdough toast.

Add bacon £2.00

**BACON BUTTY (GFO)** £5.00

smoked dry cured bacon sandwich on lightly toasted sourdough.

**MUSHROOMS ON TOAST (VGO)** £5.00

Miso pickled mushrooms, sautéed and served on sourdough toast.

Add Crispy Fried Egg & Sriracha. £1.50

### EXTRAS

|        |       |
|--------|-------|
| Toast  | £1.00 |
| Bacon  | £2.00 |
| Cheese | £2.00 |

## PANUZZOS SERVED FROM 12

Meet the Panuzzo: a flavourful pizza sandwich made with our signature homemade sourdough from British flour. Swap to a GF panini on request.

**AUBERGINE PARMIGIANA (VGO) (GFO)** £7.45

Roasted aubergine, marinara sauce, mozzarella, parmesan, garlic oil, basil & rocket

**FETA SUNBURST (VG)(GFO)** £7.45

Vegan feta, sun-dried tomatoes, roasted red pepper, aioli, garlic oil & rocket

**CAPRESE PARMA (GFO)** £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  
Marinara base & mozzarella

**ARTICHOKE & TOMATO (V)(VGO)** £8.00 £11.00  
Marinara base, mozzarella, artichokes & cherry tomato

**PROSCIUTTO & MUSHROOM** £8.50 £11.50  
Marinara base, mozzarella, prosciutto & mushroom

**CHEESY GARLIC BREAD (V) (VGO)** £6.00  
Mozzarella, garlic butter & finely chopped parsley.

**DOUGHBALLS (VG)** £5.00  
8 hand rolled dough balls served with homemade garlic butter

### EXTRAS

**DIPS** - Truffle Mayo, Hot Honey, Garlic Butter, Balsamic and Oil £1.50

### EXTRA TOPPINGS

**VEG** - Cherry tomatoes, Mushroom, Artichoke, Rocket £1.00

**CHEESE** - Mature Cheddar, Mozzarella, Vegan Feta, Vegan Mozzarella £2.00

**MEAT** - Bacon, Ham, Prosciutto £2.00

## 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  
Cheddar cheese & mozzarella

**HAM & CHEESE TOASTIE (GFO)** £6.50  
House-roasted ham, cheddar & mozzarella

**CHARRED VEG TOASTIE (VG)(GFO)** £6.50  
Charred Leek, Roasted Red Pepper Hummus and crushed pumpkin seeds

## DELI

See Deli fridge for today's offering of cakes, bakes and Salads.

**SALAD BOWL** £3.00  
choice of salads from our deli fridge

# 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

## 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 |

## COLD DRINKS

|   |       |
|---|-------|
| <b>KARMA BOTTLE</b> 300ml   | £2.90 |
| Cola, Cola (sugar free), 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 unflavoured whey protein or vegan vanilla protein for £1.

|  |       |
|--|-------|
| <b>BREAKFAST SMOOTHIE</b>  | £3.75 |
| Gluten free rolled oats, flax seeds, blueberry, raspberry and banana, blended with apple juice |       |
| <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                                    |       |

## BEER

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