

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
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SCRAMBLED EGGS ON TOAST (V) (GFO) £5.00

Perfectly made, seasoned with a pinch of salt & pepper.

ADD

Bacon	£2.00
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TOPPED PORRIDGE(V)(VGO)

Plain Porridge £3.50

Served with honey or maple syrup.

ADD

Banana flakes, chocolate chips or cinnamon brown sugar.	£0.50
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Peanut butter, Nutella.	£1.00
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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.

ADD

Caramelised onion chutney.	£1.00
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HAM & CHEESE TOASTIE (GFO) £6.00

Honey roasted ham & mature cheddar.

BBQ PULLED PORK (GFO) £7.00

Slow cooked bbq pulled pork and mature cheddar.

ADD

Jalapenos.	£1.00
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GREEN GODDESS (VGO)(GFO) £6.50

Supergreen pesto, kale, feta, tahini, kalamata olives.

PANUZZOS SERVED FROM 12

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

HOT HOG (GFO) £7.95

Pepperino, garlic oil, halloumi, hot honey, roasted squash, rocket.

MEATBALL MELT (V)(VGO) £7.95

Vegan meatballs, garlic oil, aioli, basil, marinara sauce, mozzarella, rocket.

ROASTED WINTER VEG (VG)(GFO) £7.45

Roasted squash, mushroom, spinach, vegan feta finished with tahini dressing & 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

PEPPERINO £8.50 £11.50

Marinara sauce, mozzarella, basil & pepperino.
Goes great with Jalapenos!

FUNGI (V)(VGO) £8.00 £11.00

Marinara sauce, mushroom, truffle oil, kalamata olive, sliced garlic and mozzarella.
Add Ham to make it our Staff Favourite!

CARAMELISED ONION, FETA & BALSAMIC (V)(VGO) £8.00 £11.00

Marinara sauce, caramelised onion, crumbled feta, mozzarella and balsamic glaze.

DOUGHBALLS (VG) £5.00 £7.00

8 or 12 hand rolled dough balls served with homemade garlic butter.

CHEESY GARLIC BREAD £6.00 £9.00

Mozzarella, garlic butter & finely chopped parsley.
(V) (VGO)

EXTRAS

DIPS £1.50

Garlic butter, aioli, supergreen pesto (VG)

EXTRA TOPPINGS

VEG - Kale, squash, caramelised onion, kalamata olives, spinach, jalapeno. £1.00

MEAT - Ham, Pepperino, Salami, Pulled Pork, Bacon, Vegan Meatballs. £2.00

CHEESE - Halloumi, vegan feta. £2.00

WINTER BOWLS & SIDES

SERVED FROM 12

Always packed with fresh seasonal ingredients.

SALAD OF THE DAY

Please see our deli fridge for today's fresh winter salad.

2 Scoop £3.00

3 Scoop £4.00

LARGE 'SALAD OF THE DAY' £8.00

BOWL (GF)

Your choice of salad topped with either halloumi, vegan feta or falafel.

HEARTY HOMEMADE SOUP (V)(VG)(GFO) £5.00

served with bread & butter. Please see specials for today's offering.

ADD

Cheese toastie (V)(VG)(GFO)	£3.00
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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	

WINTER DRINKS

Seasonal favourites that give all the cosy feels and our favourite preclimb warm up.

PUMPKIN SPICE LATTE	£4.20
GINGERBREAD LATTE	£4.20
CHAI LATTE	£4.20

Served with optional cream and cinnamon dusting.

All our winter specials can be served hot or iced. We wont judge.

COLD DRINKS

KARMA CAN 250ml	£2.00
Cola, Cola (sugar free), lemony, Gingerella or Razza raspberry lemonade	
CAWSTON PRESS	£1.90
Apple, 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, Blackcurrant, Mango	
KIDS MILK BOX 330ml	£1.50
Banana, Strawberry, Chocolate	

SMOOTHIES

Add Vanilla or Chocolate whey protein or vegan vanilla protein for £1.50.

BERRY GO ROUND	£3.75
Whole blackberries, raspberries and strawberries blended with apple juice	
BIG 5	£3.75
Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice	
BROCCOLI AND THE BEAST	£3.75
Broccoli, spinach, cucumber, mango, pineapple and banana blended with apple juice	
PASH 'N' SHOOT	£3.75
Passion fruit, pineapple and mango blended with apple juice	
MELON REFRESHER	£3.75
Melon, mango and strawberries blended with apple juice	
PB & BANANA	£3.75
Peanut butter, banana and honey blended with milk	

BEER

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