

# 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.

### ADD

Jam, Peanut Butter, Marmite or Cream cheese.	£1.00
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**BACON BUTTY (GFO)** £5.00

Caversham butcher's smoked back bacon in between two slices of toasted sourdough.

**BEANS ON TOAST (V) (VGO)** £4.75

Baked beans on sourdough toast.

### ADD

Grated Mozzarella cheese or fried halloumi.	£2.00
Bacon.	£2.00

**PROTEIN MAPLE BANANA BREAD** £3.00

(VG) (GF)

Oat packed traybake with 15g of protein.

## 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

Mature cheddar & mozzarella.

### ADD

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

Smoked sliced ham & cheddar cheese.

**BBQ PULLED PORK (GFO)** £7.00

Slow cooked bbq pulled pork and mature cheddar.

### ADD

Jalapenos	£1.00
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**GREEN GODDESS (VG)(GFO)** £6.50

Supergreen pesto, kale, Vegan 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

Pulled pork, garlic oil, ricotta, 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

**CHORIZO** £8.50 £11.50

Marinara sauce, mozzarella, basil & Chorizo.

*Goes great with Jalapenos!*

**FUNGI (V)(VGO)** £8.00 £11.00

Marinara sauce, mushroom, truffle oil, kalamata olive, sliced garlic and mozzarella.

*Add Pulled Pork to make it our Staff Favourite!*

**SPINACH & RICOTTA (V)** £8.00 £11.00

Marinara sauce, fresh spinach, ricotta and mozzarella.

**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.

### 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, Pulled Pork, Bacon, Vegan Meatballs. £2.00

CHEESE - Halloumi, Ricotta, Vegan Feta. £2.00

## WINTER BOWLS & SIDES

SERVED FROM 12

Always packed with fresh seasonal ingredients.

**WINTER SUPER SALAD (VG)(N)(GF)** £6.50

Seasonal salad leaves, grated carrot, kale, squash, cranberries, walnuts, pumpkin seeds, tahini dressing.

### ADD

Halloumi or Vegan feta	£2.00
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**HOMEMADE HANGAR DHAL (GFO)(VG)** £6.50

Protein filled lentil dahl served with flat bread. Perfect post climb refuel.

**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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Upgrade to homemade focaccia (V)(VGO)	£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

<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

## WINTER DRINKS

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

<b>PUMPKIN SPICE LATTE</b>	£4.20
<b>GINGERBREAD LATTE</b>	£4.20
<b>CHAI LATTE</b>	£4.20

Served with optional cream and cinnamon dusting.

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

THE  
**CLIMBING  
HANGAR** 

## COLD DRINKS

<b>KARMA CAN 250ml</b>	£2.00
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 250ml</b>	£2.50
Original, Raspberry & Yuzu, Lime & Mint	
<b>TENZING 300ml</b>	£3.20
Blackberry & Acai, Pineapple & Passionfruit, Apple & Seaberry	
<b>REMEDY KOMBUCHA 250ml</b>	£2.90
Cherry & Plum, Peach	

## SMOOTHIES

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

<b>BERRY GO ROUND</b>	£3.75
Whole blackberries, raspberries and strawberries 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>BREAKFAST SMOOTHIE</b>	£3.75
Gluten free rolled oats, flax seeds, blueberry, raspberry and banana, blended with apple juice	

## MILKSHAKES

Made to order, perfectly thick and creamy milkshake. Add unflavoured whey protein or vegan vanilla protein for £1.50

<b>LIVIN LA VIDA COCOA</b>	£4.25
<b>STRAWBERRY GLORY</b>	£4.25
<b>TOP BANANA</b>	£4.25

## BEER

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