

# FOOD MENU

## BREAKFAST SERVED TILL 12

The most important send of the day!

**SOURDOUGH TOAST** (V)(VGO) (GFO) £2.00  
Two slices of local sourdough bread, served with butter or buttery vegan spread.

**ADD**  
Jam, Peanut Butter, Honey or Nutella. £1.00

**BACON BUTTY** (VGO) (GFO) £5.00  
Local dry cure bacon OR "This Isn't Bacon" in between two slices of local sourdough with butter or vegan spread.

**EGGS ON TOAST** (V) (GFO) £5.00  
Scrambled or fried eggs served on sourdough toast.

### TOPPED PORRIDGE

**Plain Porridge** £3.50  
Served with honey or maple syrup.

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

## 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  
Mature cheddar cheese & mozzarella.

**ADD**  
Caramelised onion chutney. £1.00

**HAM & CHEESE TOASTIE** (GFO) £6.00  
Slow cooked ham & cheddar cheese.

**BBQ PULLED PORK** (GFO) £7.00  
Slow cooked bbq pulled pork and mature cheddar.

**ADD**  
Jalapenos £1.00

**GREEN GODDESS** (V)(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  
Chorizo, garlic oil, ricotta, hot honey, roasted squash, rocket.

**MEATBALL MELT** (V)(VGO) £7.95  
Vegan meatballs, garlic oil, aioli, basil, marinara sauce, mozzarella, rocket.

**CARNI** (GFO) £8.50  
Salami, Chorizo, ham, mozzarella, aioli & rocket.

## SOURDOUGH PIZZA SERVED FROM 12

Our skilled kitchen team crafts each pizza from scratch, featuring a flavourful sourdough crust made with locally renowned Sourdoses' dough. Vegan cheese is also available.

	Small	Large
<b>MARGHERITA</b> (V)(VGO)	£6.50	£9.50

<b>HALLOUMI &amp; HOT HONEY</b> (V)	£8.00	£11.00
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<b>SALAMI</b>	£8.50	£11.50
Marinara sauce, mozzarella, basil & Milano salami. <i>Goes great with Jalapenos!</i>		

<b>FUNGI</b> (V)(VGO)	£8.00	£11.00
Marinara sauce, mushroom, truffle oil, kalamata olive, sliced garlic and mozzarella. <i>Add Ham to make it our Staff Favourite!</i>		

<b>SPINACH &amp; RICOTTA</b> (V)	£8.00	£11.00
Marinara sauce, fresh spinach, ricotta and mozzarella.		

<b>CARAMELISED ONION, FETA &amp; BALSAMIC</b> (V)(VGO)	£8.00	£11.00
Marinara sauce, caramelised onion, crumbled feta, mozzarella and balsamic glaze.		

<b>DOUGHBALLS</b> (VG)	£5.00	£7.00
8 or 12 hand rolled dough balls served with homemade garlic butter		

### EXTRAS

<b>DIPS</b>	£1.50
Garlic butter, aioli, supergreen pesto (VG)	
<b>EXTRA TOPPINGS</b>	
VEG - Kale, squash, caramelised onion, kalamata olives, spinach, jalapeno.	£1.00
MEAT - Ham, Chorizo, Salami, Pulled Pork, Bacon, Vegan Meatballs.	£2.00
CHEESE - Halloumi, ricotta, feta, vegan feta.	£2.00

## WINTER BOWLS & SIDES

SERVED FROM 12

Always packed with fresh seasonal ingredients.

<b>WINTER SUPER SALAD</b> (VG) (N)(GF)	£6.50
Seasonal salad leaves, grated carrot, kale, squash, cranberries, walnuts, pumpkin seeds, tahini dressing.	

<b>ADD</b>	
Halloumi, Feta/Vegan Feta	£2.00

<b>HOMEMADE HANGAR DHAL</b> (GFO)(VG)	£6.50
Protein filled lentil dahl served with flat bread. Perfect post climb refuel.	

<b>HEARTY HOMEMADE SOUP</b> (V)(VG)(GFO)	£5.00
served with bread & butter. Please see specials for today's offering.	

<b>ADD</b>	
Cheese toastie (V)(VG)(GFO)	£3.00

## 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.

## COLD DRINKS

<b>KARMA BOTTLE</b> 300ml	£2.90
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 unflavoured whey protein or vegan vanilla 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>BERRY GO ROUND</b>	£3.75
Whole blackberries, raspberries and strawberries blended with apple juice	
<b>PASH 'N' SHOOT</b>	£3.75
Passion fruit, pineapple and mango 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

## BEER

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