

GRILLED TOASTIES SERVED FROM 11

Indulge in our freshly made toasties on sourdough bread. Customizable to be VG & GF upon request.

DEAL TOASTIE & SMOOTHIE **£9**

CLASSIC CHEESE (V) (VGO) (GFO) £5.75
Cheddar & mozzarella.

HAM & CHEESE (GFO) £6.25
Cheddar, mozzarella & ham.

CAPRESE (V) (VGO) (GFO) £6.50
Mozzarella, cherry tomatoes, basil & balsamic glaze.

CUBAN (GFO) £6.50
Cheddar, mozzarella, ham, pickled gherkins & American mustard.

DEAL ADD CAWSTONS & CRISPS **£3**

SUMMER BOWLS SERVED FROM 12

Always packed with fresh seasonal ingredients to fuel your sends.

HANGAR SALAD (VG)(GF) Small: £4 Large: £6.50
Seasonal salad leaves, grated carrot, cucumber, cherry tomatoes, olives, pumpkin seeds, Mediterranean dressing.

ADD
Halloumi £2.00

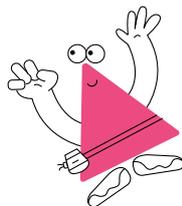
SUMMER DHAL & NAAN BREAD (VG)(GFO) £6.50
Red lentil dhal with spinach, cherry tomatoes & coconut served with vegan naan bread.

SMOOTHIE BOWL (VG) (N) SERVED ALL DAY £4.50
Your choice of smoothie base, topped with granola & pumpkin seeds.

ADD
A scoop of protein £2.00

KIDS MEAL DEAL

Check out our Kids Meal Deal – Topo's favourite soft sarnies, paired with a Cawston's drink and a Bear fruit snack or carrot sticks, all for £5.75. Ask a team member or see the kids' menu for details!



FRESH FOCACCIA SANDWICHES SERVED FROM 11

Handcrafted with our tangy, slow-fermented sourdough focaccia. Get yours before they're gone!

VEGAN PLOUGHMAN'S (VG) £6.75
Caramelised onion chutney, vegan smoked cheddar, gherkins, rocket, cherry tomatoes and Dijon mustard.

PESTO & MOZZARELLA (V) £7.00
Homemade nut-free basil pesto, sundried tomatoes, and fresh mozzarella.

BLT £7.00
Crispy bacon, cherry tomatoes, seasonal salad leaves, and mayonnaise.

SESSION SNACKS

SOURDOUGH TOAST (VGO) (GFO) £2.00
Two slices of sourdough toast served with butter or vegan buttery spread.

ADD
Add Jam, peanut butter (N) or hazelnut chocolate spread (N). £1.00

CARROT & CUCUMBER STICKS (VG)(GF) £2.00
A selection of cucumber and carrot sticks.

FRESH FRUIT (VG)(GF) £1.20
-Small Apple.
-Banana.

PORRIDGE POTS (GFO)(VGO) £2.95
Bio & Me porridge pot, please see deli fridge for flavour range.

BERRY GRANOLA (GF)(VGO)(N) £2.95
Bio & Me Berry Blast granola served with your choice of milk.

DELI FRIDGE

Our deli fridge is stocked with a rotating selection of cakes, pasties, sandwiches, and fresh seasonal salads. Offerings change regularly, so be sure to check what's available today!

HOT DRINKS

Made using our exclusive blend 'Wake me up before you dyno'
by Neighbourhood Coffee. Decaf Coffee available.

DEAL CAKE & COFFEE	£6.00
AMERICANO	£2.60
FILTER COFFEE	£2.60
DOUBLE ESPRESSO	£2.40
MACCHIATO	£2.50
CORTADO	£2.50
FLAT WHITE	£3.20
CAPPUCCINO	£3.40
LATTE/ICED LATTE	£3.40
CHAI LATTE	£3.70
MOCHA	£3.70
HOT CHOCOLATE	£3.20
KIDS HOT CHOCOLATE	£2.20

ADD SYRUP

Caramel, Vanilla, Hazelnut	£1.00
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TEA	£1.60
DECAF TEA	£1.60
HERBAL TEA	£2.10

Please ask our team for today's flavour offerings

DEAL PASTRY & COFFEE	£4.50
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MILKSHAKES

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

LIVIN LA VIDA COCOA	£4.25
TOP BANANA	£4.25

COLD DRINKS

KARMA CAN 250ml Cola, lemony, Gingerella or Razza Raspberry Lemonade	£2.10
CAWSTON PRESS Apple, Orange, Rhubarb or Elderflower	£1.90
CAWSTON PRESS CARTON Summer Fruits or Apple & Pear	£1.90
TENZING 250ml Original	£2.90
TENZING 300ml Blackberry & Acai or Pineapple & Passionfruit	£3.20
LUCOZADE SPORT 500ml Orange or Raspberry	£2.90
LUCOZADE SPORT ZERO SUGAR 500ml Raspberry & Passionfruit	£2.90
LUCOZADE ENERGY 500ml Orange	£2.90
HUEL 500ml Vanilla, Chocolate or Strawberries & cream	£4.80

SMOOTHIES

All our smoothies are blended with apple juice. Add unflavoured whey protein or vegan vanilla protein for £2.00.

DEAL TOASTIE & SMOOTHIE	£9
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BREAKFAST SMOOTHIE Gluten free rolled oats, flax seeds, blueberry, raspberry and banana, blended with apple juice	£3.85
BIG 5 Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice	£3.85
BLUEBERRY THRILL Blueberries, raspberries, banana and flaxseeds blended with apple juice	£3.85
PASH 'N' SHOOT Passion fruit, pineapple and mango blended with apple juice	£3.85
AVO GO-GO Creamy blend of avocado, broccoli, spinach, mango, coconut, ginger and lime	£3.85