

## 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

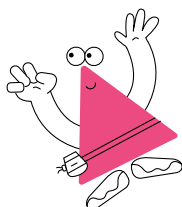
**SUMMER DHAL & NAAN BREAD (VG)(GFO)** £6.50  
Red lentil dhal with spinach, cherry tomatoes & coconut served with vegan naan bread.

**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.

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

### ADD SYRUP

Caramel, Vanilla, Hazelnut	£1.00
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<b>TEA</b>	£1.60
<b>DECAF TEA</b>	£1.60
<b>HERBAL TEA</b>	£2.10

Please ask our team for today's flavour offerings

<b>DEAL PASTRY &amp; COFFEE</b>	<b>£4.50</b>
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## 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>TOP BANANA</b>	£4.25

## COLD DRINKS

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

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