

## GRILLED TOASTIES

Indulge in our freshly made toasties on sourdough bread. Customizable to be VG & GF upon request, with an optional side salad.

### 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

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)** £4.50  
Your choice of smoothie base, topped with granola & pumpkin seeds.

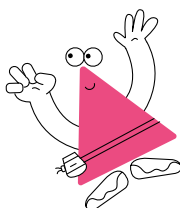
**ADD** A scoop of protein £2.00

## 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!

## 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!



## 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 grown wheat, ensuring a tantalizingly tasty crust. Vegan cheese available.

### DEAL LARGE PIZZA & 330ML BEER £13

Small 7" Large 12"

**MARGHERITA (V)(VGO)** £6.50 £9.50  
Marinara sauce, basil, mozzarella, extra virgin olive oil.

**SALAMI** £8.50 £11.50  
Marinara sauce, basil, mozzarella, Milano salami.

**HALLOUMI & HOT HONEY (V)** £8.50 £11.50  
Marinara sauce, basil, mozzarella, halloumi, hot honey.

**TOMATO, OLIVE & ROCKET (V) (VGO)** £8.00 £11.00  
Marinara sauce, basil, mozzarella, cherry tomatoes, olives, rocket, extra virgin olive oil.

### MAKE IT YOUR OWN

Add Meat or Cheese. £2.00  
Add Veg. £1.00

**DOUGHBALLS & GARLIC BUTTER (VG)** £5.00 £7.00  
8 or 12 doughballs served with vegan garlic butter.

### CRUST DIPPERS

**DIPS** £2.00  
Garlic Butter (VG).  
Aioli (VG).  
Sriracha Mayo (VG).

## 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.

## 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>DOUBLE ESPRESSO</b>	£2.40
<b>MACCHIATO</b>	£2.50
<b>CORTADO</b>	£2.50
<b>CAPPUCCINO</b>	£3.40
<b>LATTE/ICED LATTE</b>	£3.40
<b>CHAI LATTE</b>	£3.70
<b>FLAT WHITE</b>	£3.20
<b>MOCHA</b>	£3.70
<b>HOT CHOCOLATE</b>	£3.20
<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>	£2.10

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
<b>STRAWBERRY GLORY</b>	£4.25

## COLD DRINKS

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

### BEER

Take a look in our drinks & deli fridge for a wide range of local & sustainably made beers

## 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>BERRY GO ROUND</b>	£3.85
Whole blackberries, raspberries and strawberries blended with apple juice	
<b>BIG 5</b>	£3.85
Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice	
<b>BREAKFAST SMOOTHIE</b>	£3.85
Gluten free rolled oats, flax seeds, blueberry, raspberry and banana, blended with apple juice	
<b>BLUEBERRY THRILL</b>	£3.85
Blueberries, raspberries, banana and flaxseeds blended with apple juice	