

GRILLED TOASTIES

Indulge in our freshly made toasties on malted bloomer.
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

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

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

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!

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.

SOURDOUGH PIZZA

Available Friday to Sunday.

Check our separate pizza menu for current offerings and availability!

KIDS MEAL DEAL

Our same amazing toasties/sandwiches but made on soft white bread. Paired with any Cawstons drink & Bear fruit Snack or carrot sticks for £5.75



CHEESE SANDWICH OR TOASTIE. (GFO)(VGO)

HAM SANDWICH. (GFO)

JAM SANDWICH. (GFO)(VGO)

CHOCOLATE HAZELNUT SPREAD SANDWICH. (V)(GFO)(N)

HOT DRINKS

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

DEAL CAKE & COFFEE		£6
AMERICANO		£2.60
DOUBLE ESPRESSO		£2.40
MACCHIATO		£2.50
CORTADO		£2.50
CAPPUCCINO		£3.40
LATTE/ICED LATTE		£3.40
CHAI LATTE		£3.70
FLAT WHITE		£3.20
MOCHA		£3.70
HOT CHOCOLATE		£3.20
KIDS HOT CHOCOLATE		£2.20
ADD SYRUP		
Caramel, Vanilla, Hazelnut		£1.00
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

BEER

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

COLD DRINKS

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

SMOOTHIES

All our smoothies are blended with apple juice.

DEAL TOASTIE & SMOOTHIE		£9
AVO GO-GO		£3.85
Creamy blend of avocado, broccoli, spinach, mango, coconut, ginger and lime		
BIG 5		£3.85
Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice		
BLUEBERRY THRILL		£3.85
Blueberries, raspberries, banana and flaxseeds blended with apple juice		
PASH 'N' SHOOT		£3.85
Passion fruit, pineapple and mango blended with apple juice		
ADD		
Unflavoured whey protein or vegan vanilla protein.		£2.00