

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 SERVED FROM 12

Always packed with fresh seasonal ingredients to fuel your sends.

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

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.

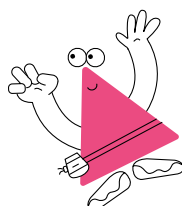
ADD A scoop of protein £2.00

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 sourdough supplied by local legends Sourdosh—guaranteeing 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.

AMERICANO	£2.60
FILTER COFFEE	£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

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
STRAWBERRY GLORY	£4.25

COLD DRINKS

KARMA BOTTLE 300ml	£2.90
Cola, Lemony Lemonade, Gingerella.	

CAWSTON PRESS	£1.90
Apple, Orange, Rhubarb or Elderflower	

CAWSTON PRESS CARTON	£1.90
Summer Fruits or Apple & Pear	

TENZING 250ml	£2.90
Original, Raspberry & Yuzu, Lime & Mint	

TENZING 300ml	£3.20
Blackberry & Acai, Pineapple & Passionfruit or Apple & Seaberry	

LUCOZADE SPORT 500ml	£2.90
Orange or Raspberry	

LUCOZADE SPORT ZERO SUGAR 500ml	£2.90
Raspberry & Passionfruit	

LUCOZADE ENERGY 500ml	£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.

DEAL TOASTIE & SMOOTHIE	£9
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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	

BERRY GO ROUND	£3.85
Whole blackberries, raspberries and strawberries 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
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