

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 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.

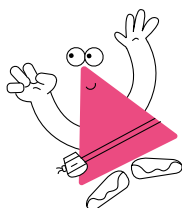
ADD A scoop of protein £2.00

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.

DEAL CAKE & COFFEE	£6
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
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
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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 BOTTLE 300ml	£2.90
Cola, Cola (sugar free), Lemony, Gingerella or Razza Raspberry Lemonade	

CAWSTON PRESS	£1.90
Apple, Rhubarb or Elderflower	

CAWSTON PRESS CARTON	£1.90
Summer Fruits, Apple & Pear or Apple & Mango	

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

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

CHARITEA 330ml	£3.00
Rooibos tea with passion fruit, Black Tea with Lemon	

LUCOZADE 500ml	£2.90
Please check fridges for options	

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	

BLUEBERRY THRILL	£3.85
Blueberries, raspberries, banana and flaxseeds.	

WILD WILD ZEST	£3.85
Spinach, pineapple, mango, apple and lemongrass.	

ADD

Unflavoured whey protein or vegan vanilla protein.	£2.00
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