

## GRILLED TOASTIES

Indulge in our freshly made toasties on sourdough bread. Customizable to be VG & GF upon request.

<b>DEAL TOASTIE &amp; SMOOTHIE</b>	<b>£9</b>
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<b>CLASSIC CHEESE (V) (VGO) (GFO)</b>	£5.75
Cheddar & mozzarella.	

<b>HAM &amp; CHEESE (GFO)</b>	£6.25
Cheddar, mozzarella & ham.	

<b>CAPRESE (V) (VGO) (GFO)</b>	£6.50
Mozzarella, cherry tomatoes, basil & balsamic glaze.	

<b>CUBAN (GFO)</b>	£6.50
Cheddar, mozzarella, ham, pickled gherkins & American mustard.	

<b>DEAL ADD CAWSTONS &amp; CRISPS</b>	<b>£3</b>
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## SUMMER BOWLS SERVED FROM 12

Always packed with fresh seasonal ingredients to fuel your sends.

<b>SALAD OF THE DAY</b>	
Please see our deli fridge for today's fresh summer salad.	
2 Scoop	£3.00
3 Scoop	£4.00

<b>LARGE 'SALAD OF THE DAY'</b>	£8.00
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<b>BOWL (GF)</b>	
Your choice of salad topped with either halloumi or falafel.	

<b>SUMMER DHAL &amp; NAAN BREAD (VG)(GFO)</b>	£6.50
Red lentil dhal with spinach, cherry tomatoes & coconut served with vegan naan bread.	

<b>SMOOTHIE BOWL (VG) (N) SERVED ALL DAY</b>	£4.50
Your choice of smoothie base, topped with granola & pumpkin seeds.	

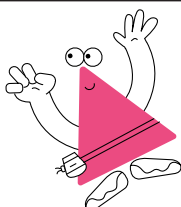
<b>ADD</b>	
A scoop of protein	£2.00

## DELI FRIDGE

Our deli fridge is stocked with a rotating selection of cakes, pastries, 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.

<b>DEAL PIZZA HAPPY HOUR 4-6PM, MON-FRI</b>	<b>25%</b>
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	Small 7"	Large 12"
<b>MARGHERITA (V)(VGO)</b>	£6.50	£9.50
Marinara sauce, basil, mozzarella, extra virgin olive oil.		
<b>PEPPERONI</b>	£8.50	£11.50
Marinara sauce, basil, mozzarella, pepperoni.		
<b>HALLOUMI &amp; HOT HONEY (V)</b>	£8.50	£11.50
Marinara sauce, basil, mozzarella, halloumi, hot honey.		
<b>TOMATO, OLIVE &amp; ROCKET (V) (VGO)</b>	£8.00	£11.00
Marinara sauce, basil, mozzarella, cherry tomatoes, olives, rocket, extra virgin olive oil.		

<b>MAKE IT YOUR OWN</b>	
Add Meat or Cheese.	£2.00
Add Veg.	£1.00

<b>DOUGHBALLS &amp; GARLIC BUTTER (VG)</b>	£5.00	£7.00
8 or 12 doughballs served with vegan garlic butter.		

<b>CRUST DIPPERS</b>	
<b>DIPS</b>	£2.00
Garlic Butter (VG).	
Aioli (VG).	
Sriracha Mayo (VG).	

## SESSION SNACKS

<b>SOURDOUGH TOAST (VGO) (GFO)</b>	£2.00
Two slices of sourdough toast served with butter or vegan buttery spread.	

<b>ADD</b>	
Add Jam, peanut butter (N) or hazelnut chocolate spread (N).	£1.00

<b>CARROT &amp; CUCUMBER STICKS (VG)(GF)</b>	£2.00
A selection of cucumber and carrot sticks.	

<b>FRESH FRUIT (VG)(GF)</b>	£1.20
-Small Apple.	
-Banana.	

<b>PORRIDGE POTS (GFO)(VGO)</b>	£2.95
Bio & Me porridge pot, please see deli fridge for flavour range.	

<b>BERRY GRANOLA (GF)(VGO)(N)</b>	£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>
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<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>MATCHA LATTE/ICED MATCHA LATTE</b>	£3.70
<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

### 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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## BEER

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

## COLD DRINKS

<b>KARMA CAN</b> 250ml	£2.10
Cola, Cola (sugar free), lemony, Gingerella or Razza Raspberry Lemonade	
<b>CAWSTON PRESS</b>	£1.90
Apple, Rhubarb, Elderflower	
<b>CAWSTON PRESS CARTON</b>	£1.90
Summer Fruits or Apple & Pear	
<b>TENZING</b> 250ml	£2.90
Original, Raspberry & Yuzu or Lime & Mint	
<b>TENZING</b> 300ml	£3.20
Blackberry & Acai, Pineapple & Passionfruit or Apple & Seaberry	
<b>KIDS MILK BOX</b> 330ml	£1.50
Banana, Strawberry, Chocolate	
<b>LUCOZADE SPORT</b> 500ml	£2.90
Orange or Raspberry	
<b>LUCOZADE SPORT ZERO SUGAR</b> 500ml	£2.90
Raspberry & Passionfruit	
<b>LUCOZADE ENERGY</b> 500ml	£2.90
Orange	

## SMOOTHIES

<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>BROCCOLI AND THE BEAST</b>	£3.85
Broccoli, spinach, cucumber, mango, pineapple and banana blended with apple juice	
<b>PASH 'N' SHOOT</b>	£3.85
Passion fruit, pineapple and mango blended with apple juice	
<b>MELON REFRESHER</b>	£3.85
Melon, mango and strawberries blended with apple juice	
<b>PB &amp; BANANA</b>	£3.85
Peanut butter, banana and honey blended with milk	

### ADD

Unflavoured whey protein or vegan vanilla protein.	£2.00
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