

FOOD MENU

BREAKFAST SERVED TILL 12

The most important send of the day!

SOURDOUGH TOAST £2.20

Two slices of sourdough bread, served with butter or vegan spread (V) (VGO) (GFO) £1.00
Strawberry jam, peanut butter, honey or marmite.

GRANOLA BOWL £3.50

Homemade granola pots and overnight oats available from deli fridge. (V/VG)

SCRAMBLED EGGS ON TOAST £5.00

Perfectly made, seasoned with a pinch of salt & pepper (V) (GFO)

BACON BUTTY £5.00

Edge & Son's butchers bacon on toast (GFO)

PANUZZOS SERVED FROM 12

Meet the Panuzzo: a flavourful pizza sandwich made with our signature homemade sourdough from British flour. Swap to a GF panini on request.

AUBERGINE PARMIGIANA (VGO) (GFO) £7.45

Roasted aubergine, marinara sauce, mozzarella, parmesan, garlic oil, basil & rocket

FETA SUNBURST (VG)(GFO) £7.45

Vegan feta, sun-dried tomatoes, roasted red pepper, aioli, garlic oil & rocket

CAPRESE PARMA (VO)(GFO) £7.95

Parma ham, cherry vine tomatoes, fresh mozzarella, basil, garlic oil, balsamic glaze & rocket

SUMMER SALADS

SUPER SALAD (VG)(N)(GF) £6.50

Seasonal salad leaves, grated carrot, cherry vine tomatoes, cucumber, radish, flaked almonds, pumpkin seeds, pesto drizzle & balsamic glaze

EXTRAS

Add fried halloumi, Fresh Mozzarella, Vegan Feta or Parma Ham	£2.00
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SOURDOUGH PIZZA SERVED FROM 12

All our pizzas are pushed out by hand by our skilled kitchen crew. Using only fresh sourdough daily to ensure the tastiest crust. VGO on request.

	Small	Large
MARGHERITA (V)(VGO)	£7.00	£10.00
HALLOUMI & HOT HONEY (V)	£8.00	£11.00
SPICY BOI	£8.50	£11.50
Homemade marinara sauce, mozzarella, pepperoni & fiery nduja		
ROASTED VEG (V) (VGO)	£8.00	£11.00
Marinara sauce, mozzarella, aubergine, red pepper, red onion & basil		
GARLIC BREAD (V) (VGO)	£6.00	£9.00
Cheese optional		

EXTRAS

DIPS - Aioli, Sriracha honey mayo (V), Pesto Mayo (VG)	£1.50
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EXTRA TOPPINGS

VEG - Jalapenos, red onion, mushroom, olives, sundried tomato, rocket, pesto	£1.00
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CHEESE - Mature cheddar, mozzarella, halloumi, vegan cheese, vegan feta	£2.00
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MEAT - Ham, Bacon, Nduja, pepperoni, tuna	£2.00
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GRILLED TOASTIE

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

CLASSIC CHEESE TOASTIE (V) (VGO) (GFO) £5.50

Mature cheddar cheese & mozzarella

HAM & CHEESE TOASTIE (GFO) £6.00

Slow roasted ham, cheddar and mozzarella

CUBAN TOASTIE (GFO) £7.00

Slow roasted ham, homemade pickles, mature cheddar cheese & sweet mustard

BESTO PESTO (V) (VGO) (GFO) £6.50

Homemade vegan pesto, roasted peppers, cherry tomatoes and halloumi

TUNA MELT (GFO) £7.00

Tuna and Mature Cheddar cheese

DELI FRIDGE

Our deli fridge is filled with a selection of cakes, pasties, sandwiches, and fresh seasonal salads that change regularly, so make sure to check today's offering.

DRINKS MENU

HOT DRINKS

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

DOUBLE ESPRESSO	£2.40
MACCHIATO/CORTADO	£2.50
AMERICANO	£2.60
CAPPUCCINO	£3.20
LATTE	£3.20
MOCHA	£3.40
FLAT WHITE	£3.00
HOT CHOCOLATE	£3.00
KIDS HOT CHOCOLATE	£2.20
ADD SYRUP	
Caramel, Vanilla, Hazelnut	£1.00
TEA	£1.60
DECAF TEA	£1.60
HERBAL TEA	£2.00

Please ask our team for today's flavour offerings

SUMMER DRINKS

Refresh with our homemade summer drinks, made from fresh ingredients and a hint of sweetness. It's the ideal way to stay hydrated and energized during your climbing session.

RASPBERRY LEMONADE	£2.85
ICED TEA	£2.85
ICED LATTE	£3.40



ALLERGENS - Please make our team aware if you have any allergies. Where possible, we will try to accommodate to any dietary requirements. While we take every precaution we can to prevent cross-contamination, our menu is prepared in an environment where allergens are present. GFO - Gluten Free Option available, VE - Vegan, VEO Vegan Option available V - Vegetarian & N - contains Nuts.

COLD DRINKS

KARMA BOTTLE 300ml	£2.90
Cola, Cola (sugar free), lemony, Gingerella or Razza raspberry lemonade	
CAWSTON PRESS	£1.90
Apple, Orange, Rhubarb, 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, Apple & Seaberry	
REMEDY KOMBUCHA 250ml	£2.90
Cherry & Plum, Peach	
DASH WATER 330ml	£1.90
Raspberry, Blackcurrant, Mango	

SMOOTHIES

All our smoothies are blended with apple juice. Add unflavoured whey protein or vegan vanilla protein for £1.50.

AVO GO-GO	£3.75
Creamy blend of avocado, broccoli, spinach, mango, coconut, ginger and lime	
BIG 5	£3.75
Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice	
BERRY GO ROUND	£3.75
Whole blackberries, raspberries and strawberries blended with apple juice	
PASH 'N' SHOOT	£3.75
Passion fruit, pineapple and mango blended with apple juice	

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

BEER

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