

FOOD MENU

BREAKFAST SERVED TILL 12

The most important send of the day!

SOURDOUGH TOAST (VG)(VGO) £2.00

Two slices of our homemade sourdough bread, served with buttery vegan spread.

ADD

Local strawberry jam, peanut butter, honey or Nutella. £1.00

BACON BUTTY (GFO) (VGO) £5.00

Smoked back bacon OR "This Isn't Bacon" in between two slices of homemade sourdough with buttery spread and ketchup.

BEANS ON TOAST (VG)(VGO) £4.75

Baked beans on sourdough toast.

ADD

Cheese £1.00
Bacon £2.00

TOPPED PORRIDGE (V)(VGO)

Plain Porridge £3.50
Served with honey or maple syrup.

ADD

Banana flakes, chocolate chips or cinnamon brown sugar. £0.50
Peanut butter, Nutella. £0.50

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

Local mature cheddar cheese.

ADD

Caramelised onion £1.00

HAM & CHEESE TOASTIE (GFO) £6.00

Local honey roasted ham & cheddar cheese.

KOREAN BBQ PULLED PORK £7.00

Slow cooked BBQ pulled pork, gochujang paste and cheddar cheese.

ADD

Jalapenos £1.00

GREEN GODDESS (V)(VGO)(GFO)(N) £6.50

Supergreen pesto, kale, feta, tahini dressing, kalamata olives.

PANUZZOS SERVED FROM 12

Meet the Panuzzo: a flavourful pizza sandwich made with our signature homemade sourdough from British flour.

HOT HOG £7.95

Cornish nduja, garlic oil, homemade ricotta, hot honey, roasted squash, rocket.

MEATBALL MELT (V)(VGO) £7.95

Vegan meatballs, garlic oil, aioli, basil, marinara sauce, mozzarella, rocket.

CARNI £8.50

Salami, cornish nduja, ham, mozzarella, aioli & rocket.

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 flour, ensuring a tantalizingly tasty crust. Vegan Cheese available.

MARGHERITA (V)(VGO) Small Large
£6.50 £9.50

HALLOUMI & HOT HONEY (V) £8.00 £11.00

SALAMI £8.50 £11.50

Marinara sauce, mozzarella, basil & Milano salami. *Goes great with Jalapenos!*

FUNGI (V)(VGO) £8.00 £11.00

Marinara sauce, mushroom, truffle oil, kalamata olive, sliced garlic and mozzarella. *Add Ham to make it our Staff Favourite!*

SPINACH & RICOTTA (V) £8.00 £11.00

Marinara sauce, fresh spinach, homemade ricotta and mozzarella.

CARAMELISED ONION, FETA & BALSAMIC (V)(VGO) £8.00 £11.00

Marinara sauce, caramelised onion, crumbled feta, mozzarella and balsamic glaze.

DOUGHBALLS (VG) £5.00 £7.00

8 or 12 hand rolled dough balls served with homemade garlic butter.

EXTRAS

DIPS £1.50

Garlic butter, aioli, supergreen pesto, chilli jam.

EXTRA TOPPINGS

VEG - Kale, squash, caramelised onion, kalamata olives, spinach, jalapeno, sun-dried tomato. £1.00

MEAT - Ham, Cornish Nduja, Salami, Pulled Pork, Bacon, Vegan Bacon, Vegan Meatballs. £2.00

CHEESE - Halloumi, homemade ricotta, feta, vegan feta. £2.00

WINTER BOWLS & SANDWICHES SERVED FROM 12

Always packed with fresh seasonal ingredients. Our sandwiches are made with our tasty homemade bread.

WINTER SUPER SALAD (GF)(VG)(N) £6.50

Seasonal salad leaves, grated carrot, kale, squash, cranberries, walnuts, pumpkin seeds & tahini dressing.

ADD

Halloumi, Feta/Vegan Feta £2.00

HOMEMADE HANGAR DHAL (GFO)(VG) £5.00

Protein filled lentil dahl served with flat bread. Perfect post climb refuel.

ADD

Flatbread (VG) £2.00

HEARTY HOMEMADE SOUP (V)(VGO)(GFO) £5.00

Served with bread & butter. Please see specials for today's offering.

ADD

Cheese toastie (V)(VGO)(GFO) £3.00

BLT (GFO)(VGO) £6.50

Smoked back bacon, sun-dried tomatoes, aioli, seasonal salad leaves.

HALLOUMI SANDWICH (V)(GFO) £6.50

Fried halloumi, roasted squash, chilli jam, aioli, seasonal salad leaves.

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

BEER

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

COLD DRINKS

KARMA BOTTLE 300ml	£2.90
Cola, 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 330ml	£3.20
Blackberry & Acai, Pineapple & Passionfruit, Apple & Seaberry	
REMEDY KOMBUCHA 250ml	£2.90
Cherry & Plum, Peach	
DASH WATER 330ml	£1.90
Raspberry, Mango	

SMOOTHIES

All our smoothies are blended with apple juice. Add vegan vanilla, chocolate or strawberry protein for £1.50.

BIG 5	£3.75
Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice	
BLUEBERRY THRILL	£3.75
Blueberries, raspberries, banana and flaxseeds blended with apple juice	
PASH 'N' SHOOT	£3.75
Passion fruit, pineapple and mango blended with apple juice	

WINTER DRINKS

Seasonal favourites that give all the cosy feels and our favourite preclimb warm up.

PUMPKIN SPICE LATTE	£4.20
GINGERBREAD LATTE	£4.20
CHAI LATTE	£4.20

Served with optional cream and cinnamon dusting.

All our winter specials can be served hot or iced. We wont judge.