

# FOOD MENU

## BREAKFAST SERVED 9 - 12

The most important send of the day!

### SOURDOUGH TOAST (V) (VGO) (GFO) £2.20

Two slices of sourdough bread, served with butter or vegan spread.

**ADD**  
Jam, peanut butter, marmite, honey or nutella. £1.00

### SCRAMBLED EGGS ON TOAST (V) (GFO) £5.00

Perfectly made, seasoned with a pinch of salt & pepper.

**ADD**  
Bacon or "This isn't bacon". £2.00

### BACON SARNIE (GFO) (VGO) £5.00

Smoked back bacon in between two slices of toasted sourdough.

### TOPPED PORRIDGE (V) (VG)

**Plain Porridge** £3.50  
Served with honey or maple syrup.

**ADD**  
Banana flakes, chocolate chips, cinnamon brown sugar, peanut butter or 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

Mature cheddar cheese & grated mozzarella.

**ADD**  
Caramelised onion £1.00

### HAM & CHEESE TOASTIE (GFO) £6.00

Sliced gammon ham & cheddar cheese.

### KOREAN BBQ PULLED PORK £7.00

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

### 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.

	Small	Large
<b>MARGHERITA (V)(VGO)</b>	£6.50	£9.50
<b>HALLOUMI &amp; HOT HONEY (V)</b>	£8.00	£11.00
<b>SALAMI</b>	£8.50	£11.50
Marinara sauce, mozzarella, basil & Milano salami. <i>Goes great with Jalapenos!</i>		
<b>FUNGI (V)(VGO)</b>	£8.00	£11.00
Marinara sauce, mushroom, truffle oil, kalamata olive, sliced garlic and mozzarella. <i>Add ham to make it our staff's favourite pizza!</i>		
<b>SPINACH &amp; RICOTTA (V)</b>	£8.00	£11.00
Marinara sauce, fresh spinach, homemade ricotta and mozzarella.		
<b>CARAMELISED ONION, FETA &amp; BALSAMIC (V)(VGO)</b>	£8.00	£11.00
Marinara sauce, caramelised onion, crumbled feta, mozzarella and balsamic glaze.		
<b>DOUGHBALLS (VG)</b>	£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 mayo (VG)

**EXTRA TOPPINGS**  
VEG - Kale, squash, caramelised onion, kalamata olives, spinach, jalapeno. £1.00

MEAT - Ham, Cornish nduja, salami, pulled pork, bacon, vegan bacon, vegan meatballs. £2.00

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

## WINTER BOWLS & SIDES

SERVED FROM 12

Always packed with fresh seasonal ingredients.

### WINTER SUPER SALAD (VG)(N)(GF) £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)(VG)(GFO) £5.00

Served with bread & butter.

Please see specials for today's offering.

**ADD**  
Cheese toastie (V)(VGO)(GFO) £3.00  
Upgrade your bread to homemade focaccia (V)(VGO) £2.00

# DRINKS MENU

## HOT DRINKS

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

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

Please ask our team for today's flavour offerings

## WINTER DRINKS

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

<b>PUMPKIN SPICED LATTE</b>	£4.20
<b>GINGERBREAD LATTE</b>	£4.20
<b>CHAI LATTE</b>	£4.20

Served with optional cream and cinnamon dusting.

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

THE  
**CLIMBING  
HANGAR** 

## COLD DRINKS

<b>KARMA BOTTLE</b> 300ml	£2.90
Cola, Cola (sugar free), Lemony Lemon, Gingerella or Razza Raspberry Lemonade	
<b>CAWSTON PRESS</b>	£1.90
Apple, Orange, Rhubarb, Elderflower	
<b>CAWSTON PRESS CARTON</b>	£1.90
Summer Fruits or Apple & Pear	
<b>TENZING</b> 250ml	£2.90
Original, Raspberry & Yuzu, Lime & Mint	
<b>TENZING</b> 330ml	£3.20
Blackberry & Acai, Pineapple & Passionfruit, Apple & Seaberry	
<b>NO.1 KOMBUCHA</b> 250ml	£2.90
Cherry & Plum, Peach	

## SMOOTHIES

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

<b>BERRY GO ROUND</b>	£3.75
Whole blackberries, raspberries and strawberries blended with apple juice	
<b>BIG 5</b>	£3.75
Pineapple, mango, kiwi and strawberries blended with the fifth ingredient: apple juice	
<b>BREAKFAST SMOOTHIE</b>	£3.75
Gluten free rolled oats, flax seeds, blueberry, raspberry and banana, blended with apple juice	
<b>BLUEBERRY THRILL</b>	£3.75
Blueberries, raspberries, banana and flaxseeds blended with apple juice	

## MILKSHAKES

Made to order, perfectly thick and creamy milkshake. Add unflavoured whey protein or vegan vanilla protein for £1.50

<b>LIVIN' LA VIDA COCOA</b>	£4.25
<b>TOP BANANA</b>	£4.25
<b>STRAWBERRY GLORY</b>	£4.25

## BEER

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