

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

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.

TOASTIES & WRAPS

Indulge in our freshly made toasties on sourdough bread.

DEAL TOASTIE & SMOOTHIE £9

CLASSIC CHEESE TOASTIE (V) £5.50
Mozzarella & mature cheddar.

HAM & CHEESE TOASTIE £6.00
Sliced ham & mature cheddar cheese.

SPICY BOI TOASTIE £6.00
Chorizo, jalapeno, grated mozzarella & sriracha sauce.

PESTO TOASTIE (V) £5.75
Pesto, mozzarella & sundried tomato.

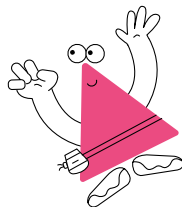
DEAL ADD CAWSTONS & CRISPS £3

VEGAN HOISIN DUCK WRAP (VG) £4.25
Mock Duck in Hoisin sauce, with spring onion and lettuce.

SPICY CHORIZO WRAP £4.25
Chorizo, jalapeno, cheddar cheese, red pepper & lettuce in a tortilla wrap.

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, all for £5.75. Ask a team member or see the kids' menu for details!



DELI FRIDGE

Our Deli Fridge is filled with tasty grab & go items & a selection of classic & seasonal cakes.

HOT DRINKS

Made using our exclusive blend 'Wake me up before you dyno' by Neighbourhood Coffee. Decaf alternative available.

DEAL CAKE & COFFEE £6

DOUBLE ESPRESSO £2.45

MACCHIATO/CORTADO £2.60

AMERICANO £2.60

CAPPUCCINO £3.30

LATTE £3.30

MOCHA £3.50

FLAT WHITE £3.10

HOT CHOCOLATE £3.10

ADD SYRUP _____
Caramel, Vanilla, Hazelnut £1.00

TEA £1.70

DECAF TEA £1.70

HERBAL TEA £2.10

Please ask our team for today's flavour offerings

SMOOTHIES & MILKSHAKES

All our smoothies are blended with apple juice.
Add unflavoured whey protein or vegan vanilla protein for £2.00.

BERRY GO ROUND SMOOTHIE £3.85
Whole blackberries, raspberries and strawberries.

BIG 5 SMOOTHIE £3.85
Pineapple, mango, kiwi, strawberries & apple juice.

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

BREAKFAST SMOOTHIE £3.85
Gluten free rolled oats, flax seeds, blueberry, raspberry and banana.

LIVIN LA VIDA COCOA MILKSHAKE £4.25

TOP BANANA MILKSHAKE £4.25

STRAWBERRY GLORY MILKSHAKE £4.25

COLD DRINKS

Please check our drinks fridges for a range of bottled drinks, water and energy drinks.