

QUICK KITCHEN

BREAKFAST

SERVED UNTIL 11am

ROASTED IN THRELKELD
BY CARVETII COFFEE

Coffee

	REGULAR	LARGE
Latte	£3.95 103kcal	£4.35 115kcal
Cappuccino	£3.95 105kcal	£4.35 114kcal
Flat White	£4.15 54kcal	—————
Mocha	£4.20 145kcal	£4.55 185kcal
Espresso	—————	£3.00 0kcal
Americano	£3.55 0kcal	£3.85 0kcal

Extras 80p

Marshmallows 33kcal Cream 46kcal Espresso Shot 0kcal
Hazelnut, Vanilla or Caramel Syrup 86kcal

PRODUCED LOCALLY

Roasted at
the foot of a
mountain

Carvetii
Coffee Roasters

THRELKELD,
30 MILES AWAY



SWAP TO OAT MILK, SOYA MILK OR
DECAF COFFEE FOR FREE

ETHICALLY SOURCED
BY CANTON TEA CO

Tea

REGULAR

LARGE

English Breakfast	£2.95 0kcal	£3.15 0kcal
Earl Grey	£2.95 0kcal	£3.15 0kcal
Triple Mint	£2.95 0kcal	£3.15 0kcal
Berry & Hibiscus	£2.95 0kcal	£3.15 0kcal
Green Tea	£2.95 0kcal	£3.15 0kcal

Hot

Chocolate	£4.20 109kcal	£4.55 129kcal
Masala Chai	£4.20 64kcal	£4.55 135kcal

Iced Coffee

REGULAR

Americano	£3.55 0kcal
Latte	£3.95 138kcal
Mocha	£4.15 145kcal

Smoothies

Summer berry	£4.25 124kcal
Passionfruit <i>with mango & pineapple</i>	£4.25 152kcal
Kale <i>with spinach & mango</i>	£4.25 147kcal

SWAP TO OAT MILK, SOYA MILK OR
DECAF COFFEE FOR FREE

ON MORE?
BAKERY BREAD

Breakfast baps

Bacon	£6.25	619kcal
Sausage	£6.25	633kcal
Sausage & bacon	£6.75	856kcal
Halloumi & tomato v	£6.25	531kcal

Pastries

Croissant	£3.25	255kcal
-----------	-------	---------

PRODUCED LOCALLY

Bread inspired
by the landscape
of the lakes

More?
Artisan bakery

STAVELEY,
9 MILES AWAY



ADULTS NEED AROUND 2000KCAL
PER DAY

MADE BY US
USING OAT MILK

Porridge

Original VE

£3.75 308kcal

with
seasonal
fruit compote VE

£3.95 386kcal

with
honey v

£3.95 317kcal



PRODUCED LOCALLY

Compotes
produced in
small batches
on the stove

Wild & Fruitful

KESWICK, CUMBRIA



V - VEGETARIAN | VE - VEGAN
GF - NO GLUTEN CONTAINING INGREDIENTS

QUICK KITCHEN

SERVED FROM 11am

ROASTED IN THRELKELD
BY CARVETII COFFEE

Coffee

	REGULAR	LARGE
Latte	£3.95 103kcal	£4.35 115kcal
Cappuccino	£3.95 105kcal	£4.35 114kcal
Flat White	£4.15 54kcal	—————
Mocha	£4.20 145kcal	£4.55 185kcal
Espresso	—————	£3.00 0kcal
Americano	£3.55 0kcal	£3.85 0kcal

Extras 80p

Marshmallows 33kcal Cream 46kcal Espresso Shot 0kcal
Hazelnut, Vanilla or Caramel Syrup 86kcal

PRODUCED LOCALLY

Roasted at
the foot of a
mountain

Carvetii
Coffee Roasters

THRELKELD,
30 MILES AWAY



SWAP TO OAT MILK, SOYA MILK OR
DECAF COFFEE FOR FREE

ETHICALLY SOURCED
BY CANTON TEA CO

Tea

REGULAR

LARGE

English Breakfast	£2.95 0kcal	£3.15 0kcal
Earl Grey	£2.95 0kcal	£3.15 0kcal
Triple Mint	£2.95 0kcal	£3.15 0kcal
Berry & Hibiscus	£2.95 0kcal	£3.15 0kcal
Green Tea	£2.95 0kcal	£3.15 0kcal

Hot

Chocolate	£4.20 109kcal	£4.55 129kcal
Masala Chai	£4.20 64kcal	£4.55 135kcal

Iced Coffee

REGULAR

Americano	£3.55 0kcal
Latte	£3.95 138kcal
Mocha	£4.15 145kcal

Smoothies

Summer berry	£4.25 124kcal
Passionfruit <i>with mango & pineapple</i>	£4.25 152kcal
Kale <i>with spinach & mango</i>	£4.25 147kcal

SWAP TO OAT MILK, SOYA MILK OR
DECAF COFFEE FOR FREE

WHY NOT
MAKE IT A MEAL?

FROM 10.30AM

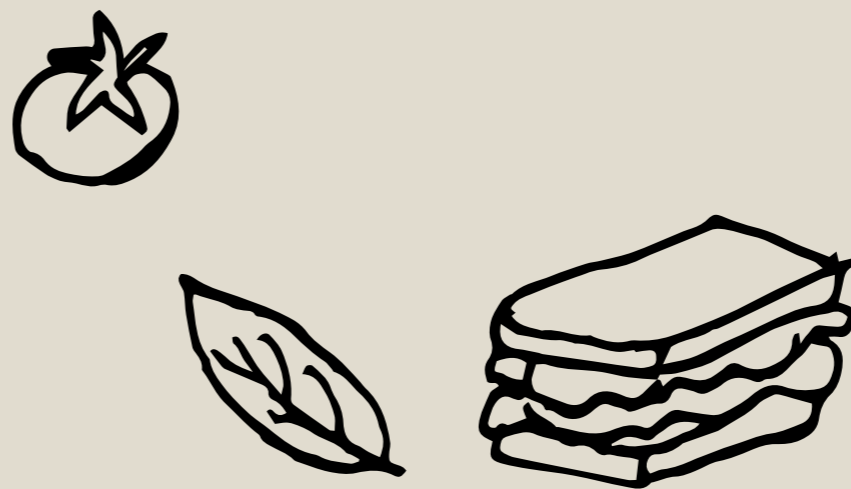
Hot pie *or*
Cumberland
sausage roll
with chips



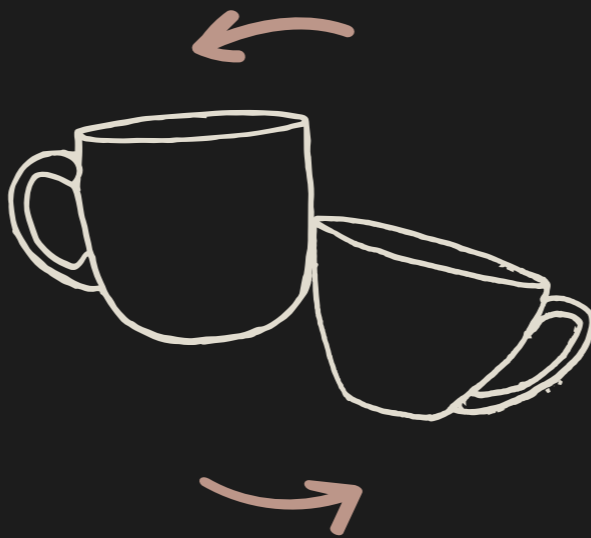
£7.25

FROM 10.30AM

Seasonal soup
with a
sandwich



£7.25



10p off with a
reusable cup

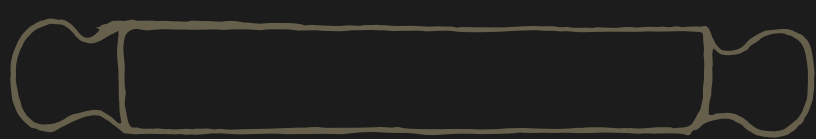


Get 10p off your
hot drink today
when you reuse
your own cup.

MADE BY US

Pies

Cheese & onion v	£5.15	633kcal
Bombay chickpea & spinach VE	£5.15	467kcal
Chicken, smoked bacon & leek	£5.45	548kcal
Steak & ale	£5.85	538kcal
Pork, mushroom & mustard	£5.85	544kcal
Cumberland sausage roll	£5.25	679kcal



PRODUCED BY US

We make our
pies *with*
regenerative
flour &
all butter
pastry



ADULTS NEED AROUND 2000KCAL
PER DAY

MADE BY US

Soup

Today's seasonal soup v £5.25

with

a **More? Artisan**
bakery bread roll £5.75

Snacks

Honey mustard
Chipolatas £4.50 447kcal

Chips £3.25 257kcal

PRODUCED LOCALLY

Bread inspired
by the landscape
of the lakes

More?
Artisan bakery

STAVELEY,
9 MILES AWAY



V - VEGETARIAN | VE - VEGAN
GF - NO GLUTEN CONTAINING INGREDIENTS