

QUICK KITCHEN

Coffee

ROASTED IN THRELKELD
BY CARVETII COFFEE

REGULAR

LARGE

Latte	£4.25 103kcal	£4.60 115kcal
Cappuccino	£4.25 105kcal	£4.60 114kcal
Flat White	£4.50 54kcal	
Mocha	£4.50 145kcal	£4.75 185kcal
Espresso		£3.25 0kcal
Americano	£3.65 0kcal	£3.95 0kcal
Filter Coffee	£3.65 0kcal	£3.95 0kcal

Extras

80p

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
OR DECAF COFFEE FOR FREE

ETHICALLY SOURCED BY CANTON TEA CO		
Tea	REGULAR	LARGE
English Breakfast	£3.15 0kcal	£3.25 0kcal
Earl Grey	£3.15 0kcal	£3.25 0kcal
Triple Mint	£3.15 0kcal	£3.25 0kcal
Berry & Hibiscus	£3.15 0kcal	£3.25 0kcal
Green Tea	£3.15 0kcal	£3.25 0kcal

Hot Chocolate	£4.50 109kcal	£4.75 129kcal
Masala Chai	£4.50 64kcal	£4.75 135kcal

Iced Coffee	REGULAR
Americano	£3.65 0kcal
Latte	£4.25 138kcal
Mocha	£4.50 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

B R E A K F A S T

ON MORE?
BAKERY BREAD

Breakfast baps

Bacon	£6.35	619kcal
Sausage	£6.35	633kcal
Sausage & bacon	£6.85	856kcal
Halloumi & tomato v	£6.35	531kcal

Pastries

Croissant	£3.25	255kcal
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PRODUCED LOCALLY

Bread inspired
by the landscape
of the lakes

More?
Artisan bakery

STAVELEY,
9 MILES AWAY



ADULTS NEED AROUND 2000KCAL PER DAY
V - VEGETARIAN VE - VEGAN

MADE BY US

Porridge

Original v

£3.95 179kcal

with
seasonal
fruit compote

£4.25 237kcal

with
honey

£4.25 188kcal



PRODUCED LOCALLY

Compotes
produced in
small batches
on the stove

Wild & Fruitful

KESWICK, CUMBRIA



IF YOU HAVE ANY QUESTIONS RELATING TO ALLERGENS,
PLEASE ASK ANY OF OUR COLLEAGUES FOR HELP.

LUNCH / DINNER

MADE BY US

Pies

Cheese & onion v	£5.35 633kcal
Bombay chickpea & spinach VE	£5.35 467kcal
Chicken, smoked bacon & leek	£5.65 548kcal
Steak & ale	£5.95 538kcal
Pork, mushroom & mustard	£5.95 544kcal
Cumberland sausage roll	£5.45 679kcal

PRODUCED BY US

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



ADULTS NEED AROUND 2000KCAL PER DAY
V - VEGETARIAN VE - VEGAN

MADE BY US

Soup

Today's seasonal soup v £5.50

with

a **More? Artisan**
bakery bread roll £5.95

Snacks

Honey mustard £4.65 447kcal
Chipolatas

Chips £3.50 257kcal

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9 MILES AWAY



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WHY NOT
MAKE IT A MEAL?

FROM 11AM

Hot pie *or*
Cumberland
sausage roll
with chips



£7.50

FROM 11AM

Seasonal soup
with a
sandwich



£7.50



10p off with a
reusable cup



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