



## SPECIALITY COFFEES

	Small	Large
<b>Espresso</b>	<b>£1.20</b>	<b>£1.60</b>
<i>Rich, intensely aromatic shot of coffee with a head of golden crema, full of body and taste.</i>		
<b>Macchiato</b>	<b>£1.45</b>	<b>£1.85</b>
<i>Espresso 'marked' with steamed milk.</i>		
<b>Coffee (Americano)</b>	<b>£1.65</b>	<b>£1.95</b>
<i>Espresso with hot water for a great long black coffee.</i>		
<b>Strong Coffee</b>	<b>£1.95</b>	<b>£2.25</b>
<i>For that extra bit of oomph!</i>		
<b>Cappuccino</b>	<b>£1.75</b>	<b>£2.25</b>
<i>Creamy, velvety, rich steamed milk – foamed and poured over espresso to soften intensity.</i>		
<b>Latte</b>	<b>£1.75</b>	<b>£2.25</b>
<i>Espresso based coffee made with textured milk for a lighter coffee experience.</i>		
<b>Strong Latte</b>	<b>£2.10</b>	<b>£2.45</b>
<i>Smooth, velvety and strong.</i>		
<b>Mocha</b>	<b>£1.85</b>	<b>£2.55</b>
<i>Fine espresso coffee fabulously combined with rich chocolate syrup and textured milk for an indulgent experience.</i>		
<b>Italian Hot Chocolate</b>	<b>£1.85</b>	<b>£2.55</b>
<i>Rich and creamy. Possibly the best hot chocolate you'll ever taste!</i> <i>.... with whipped cream +50p</i>		
<b>Chai Latte</b>	<b>£1.75</b>	<b>£2.25</b>
<i>Aromatic blend of chai tea extract, orange blossom, honey and caramel combined with steamed textured milk.</i>		

### SYRUPS ...

Add syrup to any coffee for an additional **50p**  
*Caramel, Hazelnut, Vanilla, orange blossom & Chai*

## LOOSE LEAF TEA

*English Breakfast, Earl Grey, Peppermint, Red Berry, Green Tea Sencha, Green Rooibos Citrus, Camomile*  
**£1.90**



## FOOD

### Tasty baguettes

Bacon, lettuce and sunblushed tomato mayonnaise  
Salami and Brie  
Wild garlic Falafel and green salsa (in wholemeal pita)  
Ham and Swiss cheese  
Sunblushed tomato, mozzarella and basil  
**£3.00**

### Yummy salads

Mezze salad – With stuffed vine leaves, feta, falafel and hummus  
Sunblushed tomato salad with Spanish tortilla  
**£3.00**

### Tempting treats

Grasmere gingerbread muffins  
Blueberry muffins  
Double chocolate muffins  
Organic flapjack  
Rocky road  
**£1.75**  
Hand baked, organic apple crumble biscuits  
Hand baked, organic chocolate ginger biscuits  
**£1.25**

### From the BBQ

*(We can provide a specialist BBQ service for events grass reared meat from Cumbrian farms)*

Cumberland sausage baguette  
Cumberland steak burger  
Free range chicken baguette  
Wild garlic falafel in wholegrain pita  
**£3.00**