

# Rockets & Rascals®



## Brunch

### The Sprinter's Breakfast £12

Sausage, bacon, tomato, mushrooms, beans, hashbrown and egg, served with a slice of toast

### Cheesy Breakfast Burrito £9

Egg, cheese, bacon, hashbrown and beans served in a wrap

### Breakfast Burrito £9

Egg, avo, spinach, chorizo and bacon served in a wrap

### Banging Stack £9

Egg, bacon, sausage and cheese in a tasty brioche bun

### Eggs on toast £6

Poached, scrambled or fried served on toast on a bed of spinach

### Bacon Sandwich £5

Three slices of smoked bacon served on soft white farmhouse bread

### Sausage Sandwich £5

Two lovely seasoned sausages served on a soft white farmhouse bread. Available as meat or a vegan sausage

Brunch served until 1pm  
Lunch served 12pm-3pm

## Brunch

### The Climber's Breakfast (vg) £12

Smashed avo, beans, mushrooms, vegan sausage, tomato, hashbrown, spinach served with a slice of toast

### Veggie Scramble (v) £9

Scrambled egg, roasted peppers, spinach, mushrooms & avo on toast

### Vegan Breakfast Burrito (vg) £9

Vegan sausage, beans, hashbrown, avo and spinach served in a wrap.

### Nutty Toast (vg) £7

Toast with peanut butter and banana

### Smashed Avo on Toast (vg) £7

Smashed avocado with chilli and toasted mixed seeds.

### Toast £3

Jam, marmalade or honey

### Toasted Tea Cake £2.50

### Add Ons (per portion) £2

Extra bacon, sausage, egg, chorizo, beans, spinach, peanut butter, nutella, hashbrown, avocado, grilled halloumi

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## Lunch

### Wraps £9

#### Chicken, avo, pesto & cheese

Super-V: Houmous, sun blushed tomato & spinach, roasted peppers (vg)

#### Harissa Chicken, bacon & cheese

All served with a side salad

### Toasties (available untoasted) £9

Our legendary toasties

#### Chicken, pesto, avo & cheese

Super-V: Houmous, sun blushed tomato & spinach, roasted peppers (vg)

#### Grilled Cheese & Tomato

Classic BLT with mayo

All served with a side salad

### Super Salad £10

Mixed salad leaves and baby kales with a selection of seasonal slow roasted veg. Topped with mixed seeds and a zesty dressing and a chunk of bread.

### Salad with chicken £11

### Salad with houmous £11

### Salad with grilled halloumi £11

Don't forget to check out  
our merchandise

## Kids!

### Kids Breakfast £5

Sausage, egg, beans, toast with a juice or milk

### Beans on Toast (v) £4

Served with a juice or milk

### Avo on Toast (vg) £4

Served with a juice or milk

### Cheese Toastie (v) £4

Served with a juice or milk

### Kids Nutty Toast (v) £4

Nutella on toast. Served with a juice or milk

## Cake

### A big chunk of cake £3.75

All of our cakes are baked on the premises.  
Gluten Free and vegan options available

## Specials

Ask one of the team for details of  
this week's specials.

Please ask for allergen  
information

# Rockets & Rascals®



## Coffee

Espresso	£2
Cortado	£2.50
Macchiato	£2.50
Flat White	£3

	S (8oz)	M (12oz)	L (16oz)
Americano	£2.80	£3.10	£3.70
Latte	£3.00	£3.30	£3.70
Cappuccino	£3.00	£3.30	£3.70
Mocha	£3.00	£3.30	£3.70
Hot Chocolate	£3.00	£3.30	£3.70
Chai Latte	£3.00	£3.30	£3.70
Dirty Chai Latte	£3.10	£3.50	£3.70

Coffee can also be served as Iced Coffee  
Flavoured Syrups + 50p  
Oat Milk + 50p

## Tea

Builder's Tea	£2
Posh Tea / Herbal Tea	£3
English Breakfast, Peppermint, Rooibos, Lemon & Ginger, Camomile, Chai, Earl Grey Gunpowder Green Tea, Red Berry	

## Cold Drinks

Club Tropicana	£4.50
Banana, mango, berries, orange juice (vg)	

Nutty Madness Smoothie	£4.50
Peanut butter, banana, cocoa, honey and oats milk	

Green Immunity Smoothie	£4.50
Spinach, banana, mango and coconut milk	

The Recovery	£4.50
Banana, chocolate protein, peanut butter, granola and skinny milk	

Mocha Mania	£4.50
Espresso, vanilla ice cream, banana, nutella, milk	

Milkshakes	£4.50
Chocolate or Vanilla	

Kids Milkshake	£2.50
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Orange or Apple Juice	£2
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San Pel / Coke / Diet Coke / Fanta / Sprite	£2
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Kids Carton / fruit juice / milk	£1.20
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## Alcohol

Draught	
Salcombe Brewery Pilsner (abv 5.4%)	£5/£2.50
Premium pilsner has a delicate floral and herbal aroma.	

Salcombe Ocean Cider (abv 4.5%)	£5/£2.50
A full-bodied, traditional cider with a medium dry taste	

### Bottled / Cans

Salcombe Sun Drop (abv 4.5%)	£4
Gluten free and vegan friendly, dry-hopped ale	

Salcombe Pale Ale (abv 4.5%)	£4
Gluten free and vegan friendly, dry-hopped ale	

Wine by the glass	£5
Wine by the bottle	From £15
Usually we have a nice Pinot G, Blush or Pinot Noir	

Spirits & Mixers	£5
We can make a G&T, Rum, Whisky, Vodka and Gin	

Ask for our cocktail list, get the party started  
(or ask for a Bloody Mary if that party is over)

# Thanks so much

Don't forget you can book our venue for parties and social gatherings,  
ask a member of the team for more details.

We have a small retail section in store today or

Shop online at [www.rocketsandrascals.uk](http://www.rocketsandrascals.uk)