

ROCKETS AND RASCALS

Coffee (We serve Origin Coffee)

Espresso	£2	
Cortado	£3	
Macchiato	£2.50	
Flat White	£3.30	
	Reg	Large
Americano	£3.35	£3.75
Latte	£3.65	£3.95
Cappuccino	£3.65	£3.95
Mocha	£3.65	£3.95
Hot Chocolate	£3.65	£3.95
Chai Latte	£3.65	£3.95
Dirty Chai Latte	£3.75	£4.05

Coffee can also be served as Iced Coffee

Flavoured Syrups + 50p
Alternative Milks + 50p

Tea

Builder's Tea	£2.50
Posh Tea / Herbal Tea	£3
Breakfast, Peppermint, Rooibos, Lemon&Ginger, Camomile, Chai, Earl Grey, Green Tea, Red Berry	

Cold Drinks

Club Tropicana	£4.90
Banana, mango, berries, orange and apple juice	
Nutty Madness Smoothie	£4.90
Peanut butter, banana, cocoa, honey and oat milk	
Green Immunity Smoothie	£4.90
Spinach, banana, mango and apple juice	
The Recovery	£4.90
Banana, protein, peanut butter, granola and skinny milk	
Mocha Mania	£4.90
Espresso, vanilla ice cream, banana, hazelnut syrup, chocolate & milk	
Add a shot of Protein	+£1
Milkshakes	£4.90
Chocolate, Strawberry, Banana, Vanilla	
Kids Milkshake	£2.50
Orange or Apple Juice	£2
Canned drinks (see fridge)	£2
Kids Carton / fruit juice / milk	£1.20

Brunch

Sour Dough Toast with Butter £3

Jam, marmalade or honey +£1

Eggs & spinach +£4

Banana, peanut butter & honey +£4

Smashed avocado with chilli +£4

Mushrooms with balsamic +£4

The Sprinter's Breakfast £13

Two sausages, two slices of bacon, tomato, mushrooms, beans, two hashbrowns and an egg, served with a slice of toast

The Climber's Breakfast (vg) £13

Smashed avo, beans, mushrooms, two vegan sausages, tomato, two hashbrowns and spinach served with a slice of toast

The Racer's Breakfast £9

Sausage, bacon, egg, beans, hashbrown and a slice of toast

Bacon or Sausage Bag £6

Three slices of smoked bacon or two sausages served in a brioche bun.

Available as meat or a vegan sausage

Make it a Banging Stack +£3

Banana Toast £7

Home made banana bread with fruity compote, mascarpone & crushed nuts (add bacon to blow your mind)

Add-ons (per portion) +£1.50

Bacon, sausage, egg, beans, hashbrown, mushrooms, avocado (£3), grilled halloumi (£3)

Lunch (served from 11.30)

Magic Beans on Toast £7

Homemade beans served on sour dough

Grilled Cheese Toastie £8

Grilled cheeses on farmhouse toasted to perfection

C.P.A.C Toastie £9

Chicken, pesto, avo & cheese on farmhouse and grilled

B.L.T £9

Classic BLT with bacon, lettuce, tomato, mayo on farmhouse

N.Y.D £9

Pastrami, pickles, mustard, salad cheese served on farmhouse

Greek Style Flatbread £12

Warmed flatbread with lashings of tzatziki, fresh salad, caramelised red onions. Served with either chicken, halloumi or vegan falafel

Super Salad Bowl £9

A mixture of our salads of the day, ask for today's salad choices

Add chicken +£2

Add houmous +£2

Add grilled halloumi +£2

Please ask for allergen information