

BRUNCH

Sourdough toast

— with seasonal compote (see blackboard) ve+ **£2.5**

Granola

— roasted fruit and macadamia nut granola with greek yoghurt and seasonal compote gf **£4.5**

Poached free range eggs on sourdough

— topped with garlic, wilted spinach, feta and hazelnuts gf+ **£6.5**

Avocado smash

— with lime, chilli and coriander on sourdough toast ve gf+ **£4.5**
— *add a poached egg. Or two, or three...* **£1(ea)**

SMALL PLATES

Soup of the day

— see the blackboard for today's soup ve gf+ **£4.5**

Doughballs x 6

— with garlic butter, hummus or Nutella ve+ **£3**

Halloumi fries

— with homemade sweet chilli sauce gf+ **£4.5**

Toasted sourdough sandwiches

— buffalo mozzarella, pesto and rocket **£5.5**

— hummus, roasted veg and spinach ve **£5**

Takeaway is available on request.

If you have any food allergies or intolerances please inform a member of our team.

ve — vegan | **ve+** — vegan option | **gf** — gluten free | **gf+** — gluten free option

BIG PLATES

Beyond Meat burger

— in a seeded bun with cheese, pickles and our burger sauce, served with coleslaw, salad and homemade tortilla chips ve **£10.5**

Coconut and spinach dhal

— with apricot and lemon bulgar, mango chutney and fresh flatbread ve **£7.5**

Loaded falafel wrap

— homemade herby falafel with mixed salad, sweet chilli yoghurt dressing and Cajun wedges ve gf+ **£6.5**

Soy maple tempeh wrap

— with sesame, crispy kale, avocado, vegan mayo dressing, fresh pea shoots and Cajun wedges ve gf+ **£7**

Charred corn and red rice salad bowl

— tossed with garlic croutons, lettuce, tomato, cucumber and coriander in a lime chilli dressing ve gf+ **£7**

Roasted sweet potato and quinoa salad

— with cucumber and spinach in a lemon vinaigrette ve gf **£6**

Greek salad

— lightly dressed tomato, cucumber, olives, red onion and feta gf **£6.5**

PIZZA

ve+ gf+

Margherita **£7.5**

Sun—dried tomato pesto and rocket **£9**

Roasted vegetables and feta **£9**

Goat's cheese, caramelised onion and rocket **£9.5**

Wild mushroom, garlic and spinach **£9.5**

Italian spiced seitan, red onion and green peppers **£9.5**

— add a topping **£0.7**

wild mushroom | olives | sun—dried tomatoes | caramelised onion |

spinach | goat's cheese | feta | pesto | roast veg | rocket

SWEET

The BEST brownie **£2**

Flapjack ve **£1.5**

Date slice ve gf **£2**

Cakes of the day

— see the counter for today's selection

SMOOTHIES

Avocadyno

— banana, avocado, spinach, coconut milk **£3.7**

Protein pull up

— banana, almond butter, cinnamon, dates, oats, oat milk **£3.7**

Mango mantle

— mango, carrot, fresh ginger, turmeric, orange juice **£3.7**

Send—it strawberry

— strawberry, banana, maple syrup, oat milk **£3.7**

COFFEE

Single Espresso **£1.5**

Double Espresso **£2**

Americano **£2.2**

Latte **£2.7**

Flat white **£2.5**

Cappuccino **£2.7**

Mocha **£2.7**

Iced Coffee **£2.7**

Hot Chocolate **£2.7**

— fancy a different milk? Just ask when you place your order
oat milk | soya milk | coconut milk | cow's milk

TEA — Born Wild Loose Leaf

Born Wild breakfast	£1.9
Handsome earl grey	£1.9
Peppermint cleanse	£1.9
Sencha green	£1.9
Lemon & ginger zing	£1.9
Masala chai	£1.9

CHILLED BOTTLED DRINKS

Lemonaid	£2.2
— passion fruit blood orange lime ginger	
ChariTea	£2.2
— mate red green black	
Random Apple	£2.3
— apple apple & elderflower apple & pear	
Crag water	
— still sparkling	£1

CLIMBING, MATES, COFFEE & FOOD...

We love climbing.

We also love food.

And being outside, and camp fires and coffee and wild swimming and dogs and, well... you get the idea.

We think these things are worth looking after and as a result there's a few things we're doing to try and make our business as sustainable as possible.

Firstly, we're 100% vegetarian and mostly vegan. This is one of the most effective ways to reduce our carbon footprint, plus we really like animals... so no-brainer, right? But you'll find no compromise on taste, all our food is lovingly made in-house from the freshest local ingredients.

Small things add up to big changes. We use compostable takeaway containers, napkins and bin bags; stock drinks in glass bottles, some of which are re-used and all of which are recycled, and we use paper straws. We're currently working towards being 100% plastic free!

We've also partnered with some other really cool companies who share our enthusiasm for sustainability and looking after people, more on them below...

SOME OF OUR FRIENDS...

We like working with people we like. Which is why we've teamed up with the following companies. They think differently about how they run their businesses and the products they provide, with sustainability and quality at the forefront of their ethos. Here's a little bit about each of them...

LEMONAID & CHARITEA FOUNDATION

These guys are a charitable organization founded in 2010. They support income generating initiatives in regions currently excluded from fair access to the global economic system. They fund their projects primarily through the sale of Lemonaid and Charitea drinks, these products are created from ingredients sourced from the countries and communities the foundation works with.

RANDOM APPLE

A local company that uses surplus, home grown apples and pears from the local area to create a delicious blend of juice that can vary in taste from bottle to bottle! It all depends on the fruits that were available at the time... Random indeed. They also directly recycle their glass bottles by re-using them for more juice.

CRAG SPRING WATER

Another local bunch, Crag Water is a family run company based in the Peak District who provide delicious, fresh spring water from the well on their property. They also re-use and refill their empty bottles, significantly reducing their environmental impact (see a trend developing?)

KICKBACK COFFEE

We do like a good coffee... Like, big, big fans. Kickback is doing a great job of sourcing and locally roasting amazing tasting coffee. They keep close tabs on where their coffee comes from to make sure it is fair for all involved. According to them, Kickback means 'to hang with friends, adventure and enjoy life', a motto we can definitely get on board with.

BORN WILD TEA

Providers of high-quality, loose leaf tea. They ensure their teas are modern, sustainably sourced and uniquely flavoursome. But don't take our word for it, try some! We think the lemon and ginger is particularly good...

THE EGG LADY

Don't worry she's not actually an egg but a real human! One who aims to deliver great tasting, fresh eggs from genuinely free-range hens on a local family-run farm. The hens are well looked after with free access to the outdoors during the day and a spacious hen house with cosy nests at night. They have plenty to keep them entertained, including footballs apparently... Chicken five-a-side?

SUBSTATION CAFÉ

MENU

