

## COFFEE

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<b>SINGLE ESPRESSO</b>	<b>£1.3</b>
<b>DOUBLE ESPRESSO</b>	<b>£1.7</b>
<b>AMERICANO</b>	<b>£2.1</b>
<b>LATTE</b>	<b>£2.5</b>
<b>FLAT WHITE</b>	<b>£2.3</b>
<b>CAPPUCCINO</b>	<b>£2.5</b>
<b>MOCHA</b>	<b>£2.9</b>
<b>ICED COFFEE</b>	<b>£2.5</b>
<b>HOT CHOCOLATE</b>	<b>£2.5</b>
<b>ALTERNATIVE MILKS:</b>	<b>+£0.3</b>
Oat, almond, soya, coconut milk available (ve)	
<b>SUBSTATION COFFEE BEANS</b>	
Beans / Freshly Ground	<b>£6</b>
Refill	<b>£3</b>

## TEA

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<b>BORN WILD LOOSE LEAF TEA</b>	<b>£1.6</b>
Breakfast, Handsome Earl Grey, Peppermint Cleanse, Sencha Green, Lemon & Ginger Zing, and Masala Chai.	

## CHILLED DRINKS

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<b>CRAG WATER</b>	<b>£1.5</b>
Still or Sparkling (500ml)	
<b>RANDOM APPLE</b>	<b>£2.8</b>
Apple, Apple and Elderflower, or Apple and Pear (250ml)	
<b>LEMONAID</b>	<b>£3</b>
Passionfruit, Blood Orange, Lime or Ginger (330ml)	

## MAINS

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<b>CHIPOTLE BLACK BEAN BURRITO</b> (ve)	<b>£6.6</b>
Soft tortilla wrap loaded with smoky chipotle black beans, brown rice, tangy lime salsa, guacamole and lettuce	
<b>SUBSTATION FRIED "CHICKN" BURGER</b> (ve)	<b>£7.4</b>
Cajun seitan fillet, in a locally baked bun with lettuce, tomato, red onion and garlic mayo	
<b>COCONUT AND SPINACH DHAL</b> (ve) (gf)	<b>£7.9</b>
Medium spiced lentil and spinach in a coconut curry, with cauliflower rice	
<b>BEYOND MEAT BURGER</b> (ve)	<b>£7.9</b>
Plant based burger, in a locally baked bun with vegan cheese, lettuce, tomato, red onion, homemade pickles and our burger sauce	
Gluten free available on request (gf)	

## SIDES

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<b>GARLIC PIZZA BREAD</b> (ve)	<b>£6.1</b>
<b>CHEESY GARLIC PIZZA BREAD</b> (ve+)	<b>£7</b>
Buffalo mozzarella or vegan cheese	
<b>TOFU FRIES</b>	<b>£3.5</b>
With sweet chilli sauce (ve)	
<b>DOUGHBALLS</b>	<b>£2.6</b>
With vegan garlic butter (ve)	
<b>GRILLED SEASONAL GREENS</b>	<b>£3.5</b>
Lightly seasoned (ve) (gf)	
<b>CAJUN SPICED POTATO WEDGES</b> (ve)	<b>£2.2</b>
<b>SWEET POTATO WEDGES</b> (ve)	<b>£3</b>

## PIZZA

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All our pizzas are freshly stretched by hand then stone baked in the Substation pizza oven.

<b>MARGHERITA</b>	<b>£7.8</b>
Tomato sauce and buffalo mozzarella	
<b>ROASTED VEG</b>	<b>£9.2</b>
Mediterranean roasted vegetables, buffalo mozzarella and feta cheese	
<b>GOAT'S CHEESE</b>	<b>£9.6</b>
Goat's cheese, buffalo mozzarella, caramelised red onions and rocket	
<b>SUN-DRIED TOMATO</b>	<b>£9.6</b>
Sun-dried tomatoes, basil pesto, buffalo mozzarella and rocket	
<b>WILD MUSHROOM</b>	<b>£9.6</b>
Garlic base, wild mushrooms, spinach, and buffalo mozzarella	
<b>SEITAN SUPREME</b>	<b>+£0.85</b>
Homemade seitan, buffalo mozzarella, peppers and onions	
Extra toppings (including olives)	
Gluten free base available on request	
Vegan cheese available on request	
<b>BROWNIE</b>	<b>£2.5</b>
Substation's famous 'Best Brownie'	
<b>CARROT CAKE</b>	<b>£2.5</b>
Topped with cream cheese icing (ve)	

Please let us know of food allergies and intolerances you may have. We take great care when preparing our dishes but we cannot guarantee all food is completely allergen free.

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

## ALCOHOL

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The blackboard above the bar shows our latest choice and prices. We offer an ever changing array of drinks however, we usually have:

**SUBSTATION LAGER** On tap

**LOCALLY BREWED BEERS** Both on tap and bottled

**RED, WHITE AND ROSE WINE**

**FOREST GIN** Distilled in Macclesfield Forest

**CAPLE ROAD CIDER**

**A FEW AMAZING ALCOHOL FREE BEERS**

For takeaway, please ask a member of staff for our latest selection on offer.

## CLIMBING, MATES, COFFEE & FOOD...

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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 on the back page...

## SOME OF OUR FRIENDS

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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 organisation 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?

## 10% DISCOUNT FOR TAKEAWAY



# CAFÉ MENU

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SEE [WWW.SUBSTATION.CO.UK](http://WWW.SUBSTATION.CO.UK)  
FOR LATEST OPENING HOURS