



DOING THE C2C CHALLENGE ?

www.greystokecyclecafe.co.uk

You will be passing our way around lunchtime on Sat 11th July on the C2C route. If you hope to stop and refuel here before heading up Hartside to Alston we can offer this special C2C Challenge menu so you can pre order your main course and streamline your visit. It's cheaper and gives you more time to relax.

Menu for C2C CYCLE CHALLENGERS Sat 11th July

Pre order prices ...a small selection of hi carb low GI options which we could offer quite quickly

Our complete menu is on our website www.greystokecyclecafe.co.uk
(If its still ridiculously hot we'll substitute a cold pasta bean veggie pasta salad instead of hot pasta dishes.

A Vegetarian Cyclists Chilli bean and lentil pasta served with fresh coriander and crème fraiche £6 (or white basmati rice)

Hot and Tasty Pasta (Crispy bacon, Chilli, garlic, parsley & parmesan) £6.

Creamy Pasta and Tuna (in a creamy herb and parsley sauce) £6

Home Made Soup and 2 chunky slices aga warmed wholegrain bread £3.50 (all veggie)

Toastie with 2 fillings out of ham, cheese, tomato and onion £3.30

Beans on toast - 2 slices wholegrain bread £2.95 with cheese £3.50

Drinkslarge mugs of tea £1.40 also latte * cafetieres * home made cordials * milkshakes * hot chocolates all as on our menu

Please email annie@greystokecyclecafe.co.uk to pre order your food requirements or call 017684 83984