



# MESS HALL



## DRINKS

### HOT

Tea | Lake District Tea Co ..... £3.30  
32 miles from Basecamp

- Breakfast Tea
- Organic Earl Grey
- Organic Fruit Tea (ask our staff for selection)
- Organic Peppermint Tea
- Organic Green Tea

### Coffee | Redbank Coffee Roasters

34 miles from Basecamp

- Americano ..... £3.40
- Espresso (double shot)..... £3.20
- Flat White ..... £3.70
- Cappuccino ..... £3.90
- Latte ..... £3.90
- Mocha ..... £4.00
- Iced Latte ..... £3.90

Extra Shot + £0.80

Decaf + £0.50

True North Coffee  
36 miles from Basecamp

Shott Syrups + £0.70

Vanilla | Caramel | Hazelnut

Chai Latte ..... £3.90

Matcha Latte ..... £4.00

### Hot Chocolate

- Fairtrade Milk Hot Chocolate ..... £3.80
- Bare Bones 70% Madagascan Hot Chocolate ..... £4.40
- Add Marshmallows + £0.50
- Add Cream + £0.50



Semi-Skimmed Milk Available

Oat Milk from Glebe Farm Available

### COLD

Marlish Still Water | 330ml ..... £2.80

Marlish Sparkling Water | 330ml ..... £2.80

Marlish Flavoured Sparkling Water | 330ml ... £2.80  
Orange | Lemon | Raspberry | Pink Grapefruit

Folkington's Juice | 250ml ..... £3.60  
Orange | Cloudy Apple | Mango | Pineapple | Pink Lemonade

Glass of Free Range Milk ..... £2.20

Fentimans | 275ml ..... £2.95

Ginger Beer | Dandelion & Burdock | Victorian Lemonade |  
Rose Lemonade | Mandarin & Seville Orange Jigger

Zingi Bear Ginger Beer | 330ml ..... £3.95

Karma Cola | 250ml ..... £2.95

Karma Cola Sugar Free | 250ml ..... £2.95

Fizzy Vimto | 330ml ..... £2.95

Irn Bru | 330ml ..... £2.95

Bottle Green Elderflower | 275ml ..... £2.95

Cawston Press Sparkling | 330ml ..... £2.95

Orange | Ginger Beer | Cloudy Apple | Rhubarb |  
Cloudy Lemonade | Elderflower Lemonade

Cawston Cartons | 200ml ..... £1.90

Apple & Summer Berries | Apple & Mango

You + I Botanical Tea | 330ml ..... £3.50

Sencha Green | White Peony Chamomile | Rooibos Rose

You + I Kombucha | 330ml ..... £4.25

Ginger | Black Cherry | Lime & Sea Salt

### COLD SPECIALS

Pure Fruit Smoothies ..... £4.80

Tropical Fruits – Honeydew and Cantaloupe Melon,  
Strawberries, Peaches and Grapes with Orange Juice

Mixed Berries – Raspberries, Strawberries, Blackberries  
Redcurrants and Blackcurrants with Apple Juice

Milk Shakes ..... £4.80

Made with Free Range Milk & Lakes Ice Cream

Vanilla | Chocolate | Banana | Strawberry | Raspberry |  
Caramel



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## ALCOHOL

### WINE

- Torre Del Vesott Prosecco .....£15.95  
750ml | 11.0%
- Romeo Prosecco .....£6.75  
200ml | 11.0%
- Bodegaza | 187ml .....£5.95  
- Merlot | 11.0%  
- Sauvignon Blanc | 11.0%
- Wildwood Zinfandel Rosé .....£5.95  
187ml | 10.5%

### LOCAL BREWERIES

- Cumbrian Ales | 500ml .....£5.80  
27 miles from Basecamp  
- Loweswater Gold | 4.3%  
- Grasmoor Dark Ale | 4.3%
- Heskett Brewery | 500ml .....£6.60  
9 miles from Basecamp  
- Scafell Blonde | 4.3%    - Doris' 90th Birthday | 4.3%  
- Catbells | 5.0%        - Helvellyn Gold | 4.0%
- Tirril Brewery | 500ml All Gluten Free .....£6.40  
18 miles from Basecamp  
- Borrowdale Bitter | 4.2%    - Premium Pilsner | 5.0%  
- Grasmere Gold | 3.9%        - Windermere IPA | 4.3%  
- Ullswater Blonde | 3.8%
- Lakes Brew Co. | 400ml .....£6.60  
33 miles from Basecamp  
- West Coast IPA | 5.6%        - DDH Pale | 4.0%  
- NZ Pilsner | 4.5%            - NE Session IPA | 4.7%

### CIDER

- Two Farmers Cider | 400ml .....£5.50  
- Medium Dry Apple | 4.5%  
- Pixley Berries | 3.4%

## LOW ALCOHOL

- Two Farmers Apple Cider .....£4.50  
440ml | 0%
- Tirril Brewery Point Five Pilsner .....£5.25  
500ml | 0.5% | Gluten Free
- Bowness Bay Craft Lager .....£4.25  
500ml | 0.5%
- Bowness Bay Pale Ale .....£4.25  
500ml | 0.5%
- Sea Change Free Sparkling .....£5.25  
250ml | 0%
- Belvoir Farm Peach Bellini .....£2.95  
250ml | 0%
- Belvoir Farm Passion Fruit Martini .....£2.95  
250ml | 0%
- Belvoir Farm Lime & Yuzu Mojito .....£2.95  
250ml | 0%