



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

Children's

- Children's Fairtrade Milk Hot Chocolate £2.40
- Add Marshmallows + £0.30
- Add Cream + £0.30
- Babyccino £1.90



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



MESS HALL



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%