

Draught

	Pint	
Madri	£4.96	£6.20
Pravha	£4.68	£5.85
Cold River	£4.24	£5.30
Salcombe IPA	£4.88	£6.10
Doom Bar	£4.92	£6.15
Guinness	£4.92	£6.15

Bottled

Tribute	£4.76	£5.95
Old Speckled Hen	£4.48	£5.60
London Pride	£4.56	£5.70
Moretti	£4.32	£5.40
Estrella	£4.32	£5.40
Gluten Free Peroni GF	£4.48	£5.60
Devon Red	£5.28	£6.60
Annings Fruit Cider	£5.28	£6.60

Non / low alcohol

Madri 0.0%	£3.00	£3.75
Heineken 0%	£2.72	£3.40
Lucky Saint 0.5% Lager	£4.32	£5.40
Guinness 0.0%	£4.96	£6.20
Doom Bar Zero	£4.56	£5.70
Thatchers Zero	£4.36	£5.45
Salcombe 0% Gin	£4.00	£5.00

Cocktails

Bar Buoy cocktails made in Exmouth	£7.20	£9.00
Espresso Martini	Seabird Paloma	
Margarita	Hugo Spritz	
Cosmopolitan	Negroni	
Passionfruit Martini	Pineapple Daiquiri	

Gin

Tarquins Gin ~ various from	£5.33	£6.67
Brecon Gin	£3.49	£4.37
Salcombe Gin ~ various from	£4.87	£6.09
Bombay Sapphire	£3.68	£4.60
Hendricks	£5.20	£6.50
Plymouth Gin	£4.42	£5.52
Malfy Arancia	£4.51	£5.64
Gordons	£3.68	£4.60
Tanqueray	£3.68	£4.60
The Botanist	£5.52	£6.90
Falmouth Dry Gin	£5.19	£6.49
Ramsbury Single Estate	£4.32	£5.41
Martin Millers	£4.46	£5.58

Vodka

Wyborowa Pure Polish Vodka	£3.20	£4.00
Absolut Blue	£3.68	£4.60
Belvedere	£5.20	£6.50
Black Cow	£4.42	£5.52
Grey Goose	£5.52	£6.90
Ketel One	£4.60	£5.75
Zubrowka Bison	£3.68	£4.60

Hot drinks

Choose: whole, semi-skimmed, skimmed,
oat, soya or coconut milk

	Regular	Large
Americano	£2.72 £3.40	£3.12 £3.90
Cappuccino	£2.88 £3.60	£3.20 £4.00
Latte	£2.88 £3.60	£3.20 £4.00
Flat white	£3.12 £3.90	-
Single espresso	£2.32 £2.90	-
Double espresso	£2.64 £3.30	-
Mocha	£2.88 £3.60	£3.20 £4.00
Filter coffee	£2.08 £2.60	£2.48 £3.10

Chai latte	£3.68	£4.60
Matcha latte, syrup	£3.68	£4.60
Hot chocolate	£3.20 £4.00	£2.88 £3.60

Pot of tea for one	£2.56	£3.20
Mug of tea	£2.24	£2.80
Speciality tea ~ pot for one	£2.64	£3.30
Speciality tea ~ mug	£2.32	£2.90
~ Peppermint/Green/Red Bush/ Chamomile/Berry/Earl Grey/ Lemon/Darjeeling/Decaffeinated		

Iced

Iced coffee	£3.68	£4.60
Iced latte	£3.68	£4.60
Iced Matcha latte	£3.68	£4.60
Iced Strawberry Matcha	£3.68	£4.60

Snacks

Wolfy's Protein Porridge Pot - to go	£3.20	£4.00
The Protein Ball Co - choice of flavours	£3.00	
Creatime Bar - choice of flavours	£2.95	
~ contains: 3g creatine, 15g protein		

Olives	£2.75	
Pipers Crisps - regular	£1.50	
- large	£4.50	
Mr Filberts Nuts		
~ Rosemary Almonds	£2.40	
~ Salt & Pepper Cashews	£2.40	
~ Sweet Chilli Crackers	£2.40	
~ Chilli & Lime Peanuts	£1.95	
~ Salt-crusted Peanuts	£1.95	

Teacake	£3.20	£4.00
Scone, butter	£3.20	£4.00
Scone, jam, cream	£4.00	£5.00
Cheese scone, butter	£3.20	£4.00
Cookie	£2.50	
Pastries	£2.95	
Cakes	from £3.25	

Cakes, pastries, scones ~
today's selection on the bar

Cold drinks

Coca Cola Diet Coke Coke Zero Lemonade	
Half pint	£1.17 £1.47
Large (16oz)	£2.36 £2.95

The Trip CBD	£3.20	£4.00
One Living Kombucha	£3.20	£4.00
Perfectted Matcha	£2.96	£3.70
Jamu Prebiotic Water	£3.20	£4.00
VitHit Vitamin Drinks	£3.16	£3.95
San Pellegrino	£2.00	£2.50
Luscombe	£3.16	£3.95
Lucozade Sport	£2.36	£2.95
Red Bull	£2.00	£2.50
Pip Organic	£2.60	£3.25

Post-workout hydration

Four Five Hydro Plus Electrolytes	£5.60	£7.00
tube of 20 contains: 5 electrolytes, 7 vitamins, no sugar		
~ Mixed berry Orange and mango		

Milkshakes & Protein Shakes

Made to order with milk and ice cream - optional
scoop of Bulk Whey Protein or Vegan Protein

Choose:
whole/semi/skimmed/oat/soya

Cookies and Cream	£3.12	£3.90
Vanilla	£3.12	£3.90
Salted Caramel	£3.12	£3.90
Chocolate Chip	£3.12	£3.90
Plant-based Chocolate	£3.12	£3.90
Plant-based Vanilla	£3.12	£3.90

Freshly-made Smoothies

Made to order
~ all with apple & pear juice

Raspberry Heaven ~ raspberries, blueberries, mango	£3.96	£4.95
Pineapple Sunset ~ pineapple, papaya, mango	£3.96	£4.95
Super Green ~ spirulina, avocado, spinach, lime, basil	£3.96	£4.95
Strawberry Fantasy ~ banana, strawberries	£3.96	£4.95
Mango Dream ~ mango, pear	£3.96	£4.95
Green Reviver ~ banana, kale, lemongrass, mango	£3.96	£4.95
Blue Blast ~ spirulina, banana, peach, pineapple, lime	£4.76	£5.95
Matcha Power ~ pineapple, banana, spinach, matcha	£4.76	£5.95