



NRGLab

Fuel the Fun

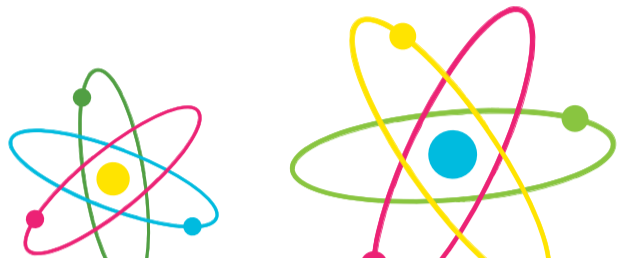
SERVED FROM 9AM UNTIL 11:30AM

BREAKFAST

TOAST:

With jam (VE*, V, GF*)	£3.00
Free range eggs on toasted bloomer (V)	£5.00
Beans on toasted bloomer (VE*, V)	£4.50
Children	£3.50

NB - WHITE AND GRANARY BREAD AVAILABLE



PORRIDGE BOWLS:

Banana (V)	£5.00
Children	£3.50
Apple and cinnamon (V)	£5.00
Children	£3.50
Berry (V)	£5.00
Children	£3.50

SANDWICHES:

Bacon (GF*)	£6.50
Sausage	£6.50

HOT:

Large Welsh Breakfast	£13.50
2 bacon, 2 sausage, 2 eggs, baked beans, mushrooms, 2 hash browns, tomato, toast	
Small Welsh Breakfast	£8.50
Bacon, sausage, egg, baked beans, mushrooms, hash brown, tomato	
Childrens Welsh Breakfast	£8.50
Bacon, sausage, egg, baked beans, hash brown, toast	
Vegetarian Breakfast (VE*, V)	£12.50
2 vegetarian sausage, 2 eggs, baked beans, mushrooms, 2 hash browns, tomato	
Childrens Vegetarian Breakfast	£6.00
Vegetarian sausage, egg, baked beans, hash brown, toast	
Poached free range eggs on toasted bloomer (GF*, V)	£7.50
With smashed avocado and tomato salsa	

SERVED FROM 12PM UNTIL 3.30PM

LUNCH

PANINIS/SANDWICHES

All served with coleslaw & salad

ALT (VE*, V, GF*)	£10.50
Avocado, lettuce and tomato	
CBLT (GF*)	£10.50
Chicken, bacon, lettuce and tomato	
Halloumi, red pepper and chilli jam (VE*, V, GF*)	£10.50
Ham and cheese (GF*)	£10.50

JACKET POTATO

All served with coleslaw & salad

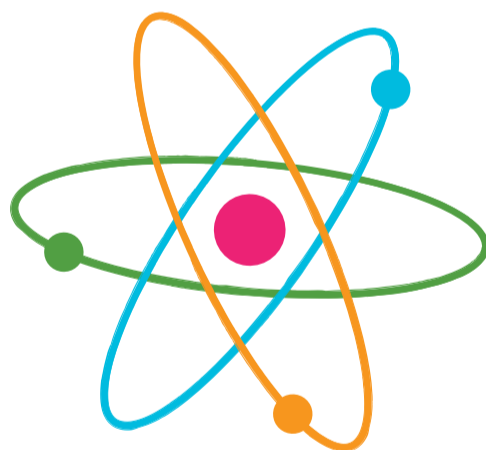
Roasted Mediterranean vegetables rocket pesto (VE, V, GF*)	£8.50
Cheese and/or beans (V, GF*, VE*)	£8.50
Turkey meatballs in tomato sauce	£9.50
Tuna, sweetcorn and red onion in lime mayonnaise (GF*)	£9.50

SALADS

Tuna, sweetcorn and red onion (GF)	£15.00
With new potatoes and lemon mayo	
Smoked chicken, avocado and sweet cherry tomatoes (GF)	£16.50
Toasted pine kernels and Bluestone dressing	
Roasted red pepper and houmous (VE, GF)	£15.00
Crisp lettuce, sweet cherry tomatoes and toasted seeds	

CHILDREN'S LUNCH

Build your own wrap	£6.00
Chicken (GF*)	
Ham and/or cheese (V, GF*, VE*)	
Jacket potato	£5.50
Cheese and/or baked beans (V, GF, VE*)	
Turkey meatballs in tomato sauce	
	+£1.00
Bowls	£7.50
Roasted red pepper and houmous salad (GF*, VE)	
Bubble and squeak, baked beans, fried egg (GF*, VE)	
Turkey meatballs, marinara sauce, cheese, flatbread	



HOT BOWLS

Sesame chicken and kimchee 🌶️	£17.00
Sticky rice, crunchy vegetables, kimchee	
Roasted cauliflower, chickpea and red lentil tarka (VE, GF*) 🌶️	£16.00
Sticky rice, fresh coriander and mint chutney	
Classic bubble and squeak (V, VE*, GF)	£15.50
Free range eggs, homemade brown sauce	
Vegetable and rice noodle ramen broth (VE) 🌶️	£13.00
Add sesame chicken (£3.00)	
Add tofu (£3.00) (VE)	

FLATBREADS

Greek chicken mezze	£16.50
Freshly made houmous and tahini yoghurt	
Halloumi and red pepper (VE*, V)	£16.00
Roast Mediterranean vegetables, sour cream	
Turkey meatballs	£16.00
With marinara sauce and cheese	

SIDES

Garlic bread (V)	£4.00
Add cheese (£1.00)	
Spiced jacket potato wedges (VE*, V, GF)	£4.50
Loaded with sour cream, smashed avocado and tomato salsa	
NRG salad (VE, GF)	£4.00
Crisp lettuce, crunchy vegetables, sweet cherry tomatoes, Bluestone dressing	

For all allergy or dietary requirements, please ask a member of our staff for our Allergen Matrix.

We cannot guarantee all items are 100% allergen free as other dishes which do contain the allergen are prepared and cooked in the same kitchen.

VE = Vegan V = Vegetarian GF = Gluten Free *Amendments possible 🌶️ = Contains Chilli