



# NRGLab

Fuel the Fun

SERVED FROM 9AM UNTIL 11:00AM

# BREAKFAST

## TOAST:

With jam (VE*, V, GF*)	£2.80
Free range eggs on toasted bloomer (V)	£5.00
Beans on toasted bloomer (VE*, V)	£4.00
Children	£3.00

**NB - WHITE AND GRANARY BREAD AVAILABLE**



## PORRIDGE BOWLS:

Banana (V)	£5.00
Children	£3.00
Apple and cinnamon (V)	£5.00
Children	£3.00
Berry (V)	£5.00
Children	£3.00

## SANDWICHES:

Bacon (GF*)	£5.00
Sausage	£5.00

## HOT:

<b>Large Welsh Breakfast</b>	<b>£13.00</b>
2 bacon, 2 sausage, 2 eggs, baked beans, mushrooms, 2 hash browns, tomato, toast	
<b>Small Welsh Breakfast</b>	<b>£8.00</b>
Bacon, sausage, egg, baked beans, mushrooms, hash brown, tomato	
<b>Childrens Welsh Breakfast</b>	<b>£6.00</b>
Bacon, sausage, egg, baked beans, hash brown, toast	
<b>Vegetarian Breakfast (VE*, V)</b>	<b>£12.00</b>
2 vegetarian sausage, 2 eggs, baked beans, mushrooms, 2 hash browns, tomato	
<b>Childrens Vegetarian Breakfast</b>	<b>£5.50</b>
Vegetarian sausage, egg, baked beans, hash brown, toast	
<b>Poached free range eggs on toasted bloomer (GF*, V)</b>	<b>£7.00</b>
With smashed avocado and tomato salsa	

SERVED FROM 12PM UNTIL 3.30PM

# LUNCH

## PANINIS/SANDWICHES

All served with coleslaw & salad

<b>ALT (VE*, V, GF*)</b>	<b>£9.75</b>
Avocado, lettuce and tomato	
<b>CBLT (GF*)</b>	<b>£10.00</b>
Chicken, bacon, lettuce and tomato	
<b>Halloumi, red pepper and chilli jam (VE*, V, GF*)</b>	<b>£9.75</b>
<b>Ham and cheese (GF*)</b>	<b>£9.75</b>

## JACKET POTATO

All served with coleslaw & salad

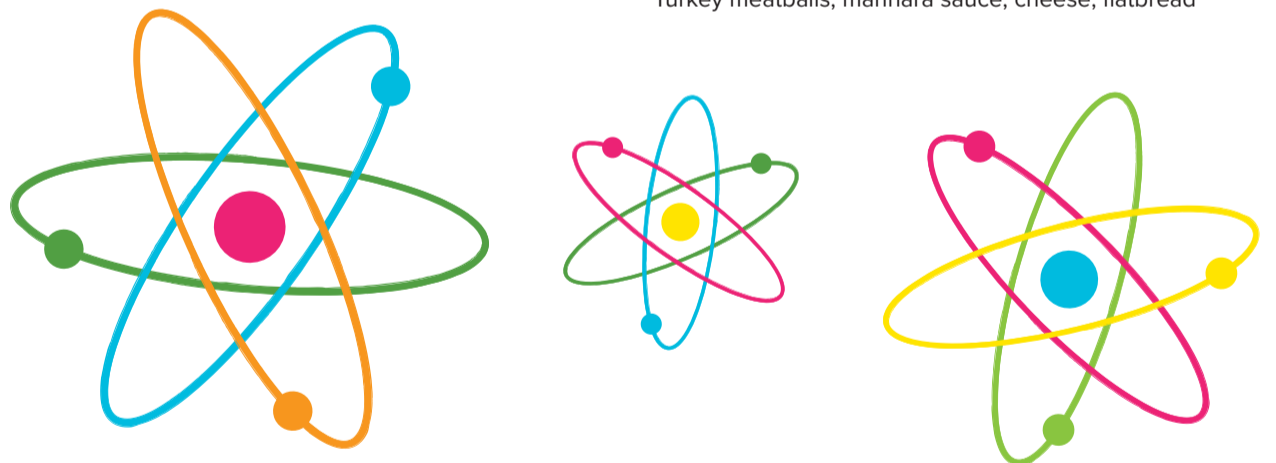
<b>Roasted Mediterranean vegetables rocket pesto (VE, V, GF*)</b>	<b>£9.50</b>
<b>Cheese and/or beans (V, GF*, VE*)</b>	<b>£8.00</b>
<b>Turkey meatballs in tomato sauce</b>	<b>£9.50</b>
<b>Tuna, sweetcorn and red onion in lime mayonnaise (GF*)</b>	<b>£9.50</b>

## SALADS

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

## CHILDREN'S LUNCH

<b>Build your own wrap</b>	<b>£5.50</b>
Chicken (GF*)	
Ham and/or cheese (V, GF*, VE*)	
<b>Jacket potato</b>	<b>£5.50</b>
Cheese and/or baked beans (V, GF, VE*)	
Turkey meatballs in tomato sauce	
	+£1.00
<b>Hot Bowl</b>	<b>£7.00</b>
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

<b>Sesame chicken and kimchee 🌶️</b>	<b>£16.50</b>
Sticky rice, crunchy vegetables, kimchee	
<b>Roasted cauliflower, chickpea and red lentil tarka (VE, GF*) 🌶️</b>	<b>£15.50</b>
Sticky rice, fresh coriander and mint chutney	
<b>Classic bubble and squeak (V, VE*, GF)</b>	<b>£14.50</b>
Free range eggs, homemade brown sauce	
<b>Vegetable and rice noodle ramen broth (VE) 🌶️</b>	<b>£11.50</b>
Add sesame chicken (£3.00)	
Add tofu (£3.00) (VE)	

## FLATBREADS

<b>Greek chicken mezze</b>	<b>£15.50</b>
Freshly made houmous and tahini yoghurt	
<b>Halloumi and red pepper (VE*, V)</b>	<b>£15.00</b>
Roast Mediterranean vegetables, sour cream	
<b>Turkey meatballs</b>	<b>£15.00</b>
With marinara sauce and cheese	

# SIDES

<b>Garlic bread (V)</b>	<b>£3.50</b>
Add cheese (£1.00)	
<b>Spiced jacket potato wedges (VE*, V, GF)</b>	<b>£4.25</b>
Loaded with sour cream, smashed avocado and tomato salsa	
<b>NRG salad (VE, GF)</b>	<b>£4.00</b>
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



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• DRINKS MENU



# SOFT DRINKS

Simply Fruity Orange/Blackcurrant	330ml	£1.95
Fanta Zero Bottle	500ml	£2.85
Coca-Cola	500ml	£2.95
Coke Zero	500ml	£2.85
Diet Coke	500ml	£2.85
Sprite Zero Bottle	500ml	£2.85
Oasis Summer Fruits/Citrus	500ml	£2.75
Orange Juice	250ml	£2.85
Apple Juice	250ml	£2.85
J2O Orange & Passionfruit	275ml	£3.25
J2O Apple & Raspberry	275ml	£3.25
J2O Apple & Mango	275ml	£3.25

Appletiser	275ml	£2.95
Calippo Slush	12oz	£2.95

CORDIAL	PINT	HALF	DASH
Orange · Blackcurrant · Lime	£1.20	£0.60	

## DRAUGHT SOFT DRINKS

Coca-Cola	£3.40	£2.40	£0.90
Diet Coke	£3.30	£2.30	£0.90
Coke Zero	£3.30	£2.30	£0.90
Schweppes Lemonade	£3.30	£2.30	£0.90

## MILKSHAKES (CRUSHA)

Strawberry	£3.15
Chocolate	£3.15
Banana	£3.15

# HOT DRINKS (Add Syrup £0.95)

Espresso	£2.85
Double Espresso	£3.30
Americano	£3.50
Latte	£3.55
Mocha	£3.95
Flat White	£3.55

Cappuccino	£3.55
Tea (assorted)	from £2.45
Hot Chocolate	£3.95
Hot Chocolate Indulge	£4.90
Babycino	£0.95

# DRAUGHT BEER AND CIDER

	PINT	HALF
Heineken Extra cold 5%	£5.60	£2.80
Amstel 4.1%	£5.20	£2.60
GBC Smooth 3.6%	£5.20	£2.60

	PINT	HALF
Birra Moretti 4.6%	£5.80	£2.90
Inches Cider 4.5%	£5.40	£2.70
Old Mout Berries & Cherries 4%	£5.60	£2.80
Brixton Low Voltage IPA 4.3%	£5.90	£2.95

# BOTTLED BEER

Bluestone Pale Ale 4.0%	500ml	£4.90
Heineken 0.0 0.0%	330ml	£3.20
Crabbies 4.0%	500ml	£4.90
Sol 4.2%	330ml	£4.25

# BOTTLED CIDER

Bulmers Original 4.5%	500ml	£4.90
Bulmers Red Berries & Lime 4.0%	500ml	£4.90
Taffy Apples 6.0%	500ml	£4.90
Old Mout Berries & Cherries 0 0.0%	500ml	£3.65

## SPIRITS

	25ml	50ml
Smirnoff Vodka 37%	£3.50	£5.15
Bluestone Gin 40%	£3.80	£4.90
Gordon's Gin 37.5%	£3.30	£4.80
Gordon's Pink Gin 37.5%	£3.55	£4.90
Whitley Neill Rhubarb & Ginger Gin 43%	£3.90	£5.65
Bombay Sapphire 40%	£3.80	£5.55
Baileys 17%		£3.95
Jack Daniels 40%	£3.95	£5.55
Penderyn Whiskey 46%	£3.95	£5.55
Pimms 25%		£4.60
Malibu 21%	£3.30	£4.80
Barti Ddu Spiced Rum 35%	£3.80	£5.80
Bacardi 37%	£3.30	£4.80
Disaronno 28%	£3.50	£5.10
Mimosa 29%	£3.70	£5.85

## MIXERS

Tonic Water	125ml	£2.10
Slimline Tonic Water	125ml	£2.10
Ginger Ale	125ml	£2.10

## WINE

	125ml	175ml	200ml	250ml	Bottle
Merlot (Chile)	£3.80	£5.05		£7.05	£20.95
Lorosco Cabernet Sauvignon (Chile)	£4.15	£5.85		£8.35	£24.95
Operetto Pinot Grigio (Italy)	£3.95	£5.60		£7.75	£22.95
San Abello Sauvignon Blanc (Chile)	£3.80	£5.25		£7.25	£21.50
Zinfandel Rosé (USA)	£3.80	£5.25		£7.25	£21.50
La Maglia Rosa (Italy)	£3.65	£5.15		£7.35	£21.95
Prosecco				£7.95	

**Some wines may contain sulphites, egg or milk products.**

*All prices include VAT.*

**PLEASE ASK A MEMBER OF STAFF  
SHOULD YOU REQUIRE GUIDANCE.**