

food menu



breakfast

2 slices of toast v	£1.20
toasted tea cake v	£2.20
bacon sandwich	£2.80
sausage sandwich	£2.80
bacon and sausage sandwich	£3.00
sausage or bacon on toast	£2.80
egg on toast v	£2.50
beans on toast vg	£2.50
bagel vg	£1.20
hash brown vg	80p

hot drinks

americano	£2.00
espresso	£2.00
cappuccino	£2.20
latte	£2.20
mocha	£2.20
flat white	£2.20
hot chocolate	£2.20
babyccino	£1.00
tea	£1.50
herbal tea	£1.80

lunch bites **v vg** options

cheese toastie* + ham, tuna, onion or tomato	£3.95
cheese panini* + ham, tuna, onion or tomato	£4.95
filled jacket potato beans, beans & cheese, cheese, tuna mayo	from £4.95
plain jacket potato	£2.75
freshly made sandwiches check out our daily selection	from £3.50
small salad box ham, chicken, cheese or tuna mayo	£4.50

all our lunch bites are served with a side garnish.
*choose your bread / no cheese

signature salad bowl

our signature salad bowl is a combination of crisp leaf, fresh tomato, cucumber, onion, grated carrot, red peppers, sweetcorn, coleslaw

1. choose your filling...

grilled chicken strips
hot beef
goats cheese
beetroot salad
cottage cheese
tuna mayo
plain tuna

2. choose your dressing...

balsamic and olive oil
caesar
classic vinaigrette
honey and mustard
sweet chilli sauce

3. choose to add pasta

medium	£4.95
large	£6.95
+ pasta	50p

bowling zone

bowled over burger

classic beef	£6.95
classic cheese	£7.15
double bacon cheese	£7.50
grilled chicken burger	£6.95
grilled chicken NY'R	£7.50
falafel and spinach with red peppers vg	£6.95

the bowler

two of our aberdeen angus burgers in a towering stack, topped with monterey jack cheese, crisp streaky bacon rashers and crispy onion rings

£9.50

all our burgers are served on a white floured bun with tomato, lettuce, and red onion, served with chips and onion rings

fuelled & loaded

baked potato boat, choose your passenger...

bbq sauce, bacon & cheddar
cheddar & fresh chives **v**
bbq dip and garlic mayo

all
£3.95

family bowler pizza

chicken	£10.95
pepperoni	£10.95
tuna & sweetcorn	£10.95
four cheese v	£9.50

portion of chips £1.50

v vegetarian
vg vegan

Active Tameside is a caring and supportive charitable organisation, dedicated to investing profits back into the local community and helping the people of Tameside to live their best life.

vegan **vg**

vegan breakfast	£3.50
vegan sausage on toast	£2.20
vegan burger flatbread	£2.20
beans on toast	£1.50
hot* & cold drinks	*made with soy or coconut milk

childrens

crispy cod goujons with chips	£3.95
chicken fingers with chips	+ jug of juice £4.50
mini cheesy tomato pizza v	
chicken nugget meal	
pasta in tomato sauce with cheese v	
hot dog with chips	

children's meals come with condiments sauce pot
all our chips are oven baked

childrens lite bite

pizza slice	£2.50	plain hot dog	£1.95
lunch box	£2.95	chicken nuggets	£1.95

BREAKFAST & LUNCH CLUB AVAILABLE

dog & bowl

plain classic	£3.95
hot dog with crispy dry onions	£4.95
pulled beef	£4.95
mac n cheese	£4.95

topped chips

cheese v	salt & pepper v
piri piri rub v	bacon & onion bits
curry sauce v	all £2.50

snacks

sticky BBQ chicken wings
with cool BBQ dip

chicken goujons
with cool garlic mayo

onion ring stack v
with BBQ sauce

all
£3.95

desserts

chocolate fudge cake

jam roly poly

chocolate orange cake

gluten free apple pie

all
£3.95

ice cream pot

Great British Ice Cream Co.

chocolate, clotted cream or strawberry

£1.95
each

fuel for 2

sharing platter for 2

sticky BBQ chicken wings, chicken goujons,
garlic bread slices, potato wedges, onion rings
BBQ sauce dip, garlic mayo dip

£8.95

nachos sharer v

warm tortilla chips with a cheesy topping
and a tantalising medley of salsa, sour
cream, guacamole & sliced jalapeños

£6.95

drinks

draft

	PINT	HALF
San Miguel 5.0%	£4.00	£2.00
Somerfield cider 4.5%	£4.00	£2.00

bottles

Budweiser	£3.80
Peroni Nastro Azzurro	£3.80
Heineken *ALCOHOL FREE*	£3.80
Doom Bar	£3.80
Brewdog Punk IPA	£3.80
Shipyard American IPA	£3.80
Kopparberg Mixed Fruits	£4.00
Kopparberg Strawberry & Lime	£4.00

soft drink

Pepsi	£1.20
Pepsi Max	£1.20
Vimto	£1.20
Vimto Orange	£1.20
Sunkiss Lemonade	£1.20
Irn Bru	£1.20
Fruit Shoots	£1.20
Lucozade	£1.99

ask servers for more choice

snacks

Kind bars	£2.00
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special offers

family meal deal 1

£25



1x
family pizza



4x
chips



4x
drinks*



2x
ice cream pots

family meal deal 2

£25



1x
family pizza



1x
nachos sharer



4x
drinks*



2x
ice cream pots

family meal deal 3

£12



1x adult burger
or hot dog



1x childrens
meal



2x
drinks*



1x
ice cream pot

family pizza - choose from chicken, pepperoni, tuna & sweetcorn or four cheese



TAMESIDE
WELLNESS
CENTRE

*tea, coffee or soft drink only

helping you
to live your
best life

kids meal deal

£5

1. **4x** chicken nuggets **OR** **4x** cod goujons **OR** hot dog
2. portion of chips
3. small slush **OR** bottle water **OR** juice carton
4. fruit **OR** mini biscuits

adult meal deal

£7

1. **6x** chicken nuggets **OR** bowled over burger **OR** hot dog
2. portion of chips
3. hot **OR** cold drink

special
offers