

MENU



BREAKFAST - SERVED ALL DAY

Portion of White or Brown Toast

Two slices of white or brown bread toasted, with butter portions.

£1.82

Beans on Toast

Two slices of white or brown bread toasted and buttered, topped with baked beans.

£2.97

Smashed Avocado on Toast

Two slices of white or brown bread toasted with avocado, on the side.

£3.55

Cheese on Toast

Two slices of white or brown bread toasted with melted white cheese.

£3.67

Scrambled Eggs on Toast

Two slices of white or brown bread toasted with scrambled eggs on the side.

£3.95



Bacon Bloomer

Bacon, on your choice of white or brown bloomer bread.

£3.30

Sausage Bloomer

Sausage on your choice of white or brown bloomer bread.

£3.30

B.L.T Bloomer

Bacon, Lettuce & Tomato, on your choice of white or brown bloomer bread.

£3.50

Teacake with Jam

One teacake with butter portions.

£1.39

Crumpets

Two toasted crumpets with butter portions.

£2.15

Porridge Oats

A warm pot of plain porridge oats.

£2.05

Golden Syrup Porridge Oats

A warm pot of porridge oats, mixed with golden syrup.

£2.05

Vegan (VE)
Vegetarian (V)

Gluten Free (GF)
Dairy Free (DF)

For advice on allergies, please ask a member of staff

Waffles with Strawberries

Two sweet waffles, topped with strawberries.

£4.65

Waffles with Bacon and Syrup

Two sweet waffles, topped with bacon and maple syrup.

£4.65

Nutella Portion

50p



EXTRAS

Three Hash browns

£1.19

Portion of Potato Puffs

£2.04

Jam Portion

50p

Portion of Beans

£1.15

ACTIVE
TAMESIDE

fuel
EST. 2017
nourish hydrate enjoy



MENU



LUNCH

JACKET POTATO

Plain Jacket Potato

Buttered jacket potato, with a refreshing side salad.

£3.67

Why not have it topped?

Tuna Mayo

£4.72

Cheese

£4.72

Chilli Con Carne

£5.77

Chilli Non Carne

£5.77

Beans and Cheese

£5.77

Sauces available; Tomato, Brown, BBQ, Mayonaise, Vinegar + salad cream

HOT FOOD

Chilli Con Carne

Chilli con carne, served with a generous portion of rice and a slice of garlic bread.

£6.00

Chilli Non Carne

Vegetarian chilli non carne, served with a generous portion of rice and a slice of garlic bread.

£6.00

Hot & Spicy Chicken Burger

Hot & Spicy breaded chicken burger, served in a glazed brioche bun, with a portion of chips.

£7.35

Cheese Beef Burger

Cheese Beef Burger, served in a glazed brioche bun, with a portion of chips.

£8.40

Cheese Pizza

10" Cheese Pizza with a tomato stuffed crust

£8.03

Pepperoni Pizza

10" Pepperoni Topped Pizza with a tomato stuffed crust.

£8.03

MEAL DEAL'S - ALL DAY

Fuels Family Pizza & Chicken Meal

Choice of a Cheese, Pepperoni or Jackfruit pizza, one portion of chicken nuggets (contain paprika) (8), 4 small portions of chips & 4 medium drinks (post mix or slush). Served all day.

£22.00

Save £6

Fuels Fresh Wrap Lunch Deal

Choice of any freshly made wrap, one piece of fruit, a chocolate bar or crisps and a 330ml canned drink or a bottle of water. Served all day.

£5.50

upgrade to a hot drink for £1 extra

CHILDRENS MENU

all served with a drink (small cordial, small post mix, a milk carton or bottled water, carrot or cucumber sticks, as an appetiser and a choice of potato waffles or chips.

Hotdog

Small Hotdog

£5.25

Chicken Nuggets Bites (Halal)

6x battered chicken nuggets (contain paprika)

£5.25

Fish Bites

4x breaded fish bites

£5.25

Mini cheese or pepperoni pizza

£5.25

Sausage & Chips

2x sausages

£5.25

Salad with choice of topping

Lettuce, Cucumber, Tomato and Peppers with a choice of Tuna, Chicken or Ham Topping

£3.67

Childrens Puzzle Box

1x Pombears, 1 pple or Orange Carton, 1x 3 Pack Mini Gingerbread, 1 Apple or Orange, 1x Full Ham, Cheese or Jam sandwich and 1x Colouring Set with crayons.

£5.25

VEGAN MENU

Homemade Chickpea + Lentil

Soup (VE)

Chickpeas, Lentils, Carrots, Garlic, Mixed Herbs, Tomato Passata and Onions, blended into a soup, with a crusty bread roll and 2 butter portions.

£5.25

Bean Burger (VE)

Bean Burger, served in a bun and side salad.

£7.35

BBQ Jackfruit Pizza (VE)

BBQ jackfruit pizza, with tomato sauce stuffed crust.

£8.03



MENU

LUNCH



RICE BOWL

Gorgeous Rice Bowl, with your choice of toppings

Chicken	£5.00
Ham & Cheese	£5.40
Chicken & Bacon	£5.40
Sweet Chilli Chicken	£5.40
BBQ Chicken	£5.40

SALAD BOWL

Delicious fresh salad, made up of lettuce, cucumber, peppers, tomatoes & onion

Plain Cheese	£3.67
Ham	£4.20
Tuna Mayo	£4.20
Chicken Ceasar	£5.56
Chicken & Bacon	£5.56
BBQ Chicken	£5.56
Sweet Chilli Chicken	£5.56



FRESH WRAPS

Fresh tortilla wrap, filled with salad and your choice of filling. Tuna Mayo, Chicken Caesar, BBQ Chicken or Sweet Chilli Chicken.

£3.67

Chilli Burrito

Fresh tortilla wrap, filled with your choice of meat or vegetarian chilli and rice.

£4.55

TOASTIES/ SANDWICHES

Toastie or Sandwich served with side salad

Cheese	£3.67
Cheese & Onion	£3.75
Cheese & Tomato	£3.75
Tuna Mayo	£4.72
Ham & Cheese	£4.72

EXTRAS

Rice Portion	£1.15
Gravy Portion	£1.15
Beans Portion	£1.15
Egg	£1.15
1 Buttered Muffin	£1.15
Small Side Salad	£1.25
Cheese	£1.40
2 slices of Garlic Bread	£1.40
Bacon Rasher	£1.40
Sausage	£1.40
2 slices of bread & butter	£1.40
Portion of chips	£2.04
Mini Potato Waffles x5	£2.04
Tuna Portion	£2.50
8 Chicken Nuggets (Halal + contains Paprika)	£3.36
Loaded Potato Puffs	£5.85
Carrot Sticks side	50p

MENU



DRINKS

HOT DRINKS

Cappuccino	£3.19
Latte	£3.19
Americano	£3.19
Flat White	£3.19
Mocha	£3.19
Cappuccino	£3.19
Espresso	£3.19
Hot Chocolate	£3.19
Breakfast Tea or Herbal Tea Green, Mint, Decaf or Lemon + Ginger	£2.20
Iced Coffee Smooth coffee espresso shot, served over milk and ice	£3.25
Extra Espresso Shot	90p
Lactose-free or Oat Milk	75p
Syrup shot	49p
Whipped Cream	39p

COLD DRINKS

Monster 500ml
Select from; **Ultra Fiesta** 3kcal, **Green Zero** 17kcal or **Lewis Hamilton** 14kcal **£2.50**

Lucozade 500ml
Select from; **Original** 87kcal, **Orange** 87kcal or **Raspberry** 134kcal **£2.20**

Flavoured Water 500ml
Select from; **Strawberry, Lemon & Lime** or **Forest Fruits** - 5kcal **£1.92**

Can 330ml
Select from; **Fanta Zero** 9kcal, **Fanta Twist** 63kcal, **Vimto Zero** 11kcal, **Pepsi Max** 1kcal, **Diet Pepsi** 2kcal, **7UP Zero** 7kcal **£1.65**

Fresh Juice 330ml
Select from; **Orange** 86 kcal or **Apple** 76kcal **£1.48**

Bottled Water 500ml
Still or Sparkling Available 0kcal **£1.26**

CHILDRENS

Fruit Shoot 330ml
Select from; **Orange** or **Blackcurrant** 11kcal **£1.43**

Innocent Smoothie 200ml 75kcal
Juice or Milk Carton 200ml **£1.40**

Select from; **Apple** or **Orange** 52kcal **82p**
Chocolate 94kcal or **Strawberry** 92kcal

Cordial Juice 250ml Cup
Select from; **Orange** 83kcal or **Blackcurrant** 55kcal **55p**

	Small	Medium	Large
Slush	£1.32	£1.98	£3.02

Post Mix	£1.32	£1.76	£2.31
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ALCOHOL (TAMESIDE WELLNESS + COPLEY)

	Pint	½ Pint
Carlsberg	£4.61	£2.56
Poretti	£5.17	£2.61
Shandy	£3.84	£1.79

Rose Zinfandel 187ml **£3.69**

Pinot Grigio 187ml **£3.69**

Merlot 187ml **£3.69**

Koppaberg **£5.18**

Brewdog 330ml **£4.97**

Budweiser 330ml **£4.97**

Peroni 330ml **£4.97**

Alcohol Free Beer 330ml **£4.97**

Single Shots
Gin, Pink Gin, Vodka, Jack Daniels & Captain Morgan available **£4.10**

LOYALTY REWARDS

10% off a hot drink when you bring a reuseable cup

MENU

SNACKS



PROTEIN SNACKS

Barebells Protein Bar 55g

Choose of; **Cookies + Cream** 190kcal, **Peanut Caramel** 217kcal or **Salty Peanut** 203 kcal

£2.76

Protein Flapjack 50g

Choose of; **Lemon** 230kcal or **Raspberry + White Choc** 234kcal

£1.71

HEALTHIER OPTIONS

Eat Natural Dark Choc + Seasalt 175kcal

£2.20

Duo Strawberry Crunch Biscuit 228kcal

£2.20

Piece of Fruit (V + VE)

Choose of; **Banana** 105kcal, **Apple** 95kcal or **Orange** 62kcal

70p

CAKE/BISCUITS

Banana + Toffee Cake 264kcal

£2.80

Chocolate Cupcake 450kcal

£2.30

Red Berry Cupcake (V + VE) 373kcal

£2.30

Plain Scone (V) with butter + Jam 465kcal

£2.20

Cookie 265kcal

£2.20

Individual Mini Shortbread GF 175kcal

90p

Mini Gingerbread Men (3 pack) 153kcal

90p

CHOCOLATE/SWEETS

Haribo Bag 160g 552kcal

£2.28

Kitkat 4 fingers 41.5g (V) 208kcal

£1.36

Peppermint Aero Bar 36g (V) 194kcal

£1.36

Milky Way Magic Stars 33g (V) 183kcal

£1.36

Maltesers 37g (V) 186 kcal

£1.36

Kinder Bueno White 39g (V) 222kcal

£1.36

Galaxy Bar 42g 229kcal

£1.36

Polo Mints 34g (V + VE) 137kcal

£1.00

ICECREAMS

Twister Lolly 88kcal

£2.28

Smarties Push Up Pop 213kcal

£2.28

Rocket Lolly (V+ VE) 67kcal

£1.14

For advice on allergies, please ask a member of staff

ACTIVE

TAMESIDE

CRISPS

Walkers Lightly Salted (V) 168kcal

£1.36

Walkers Salt + Vinegar (V) 166kcal

£1.36

Walkers Cheese + Onion (V) 166kcal

£1.36

Walkers Quavers (V) 107kcal

£1.36

Walkers Cheese Wotsits (V) 111kcal

£1.36

Plain Pombears (V + VE) 96kcal

£1.36

Skips (V) 189kcal

£1.36

Vegan (VE)

Gluten Free (GF)

Vegetarian (V)

Dairy Free (DF)

