

# MENU



## SERVED ALL DAY

### Portion of White or Brown Toast (V)

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

£1.95

### Teacake (V)

One toasted teacake with 2 butter portions.

£3.00

### Cheese on Toast (V)

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

£3.30

### Beans on Toast (V)

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

£3.65

### B.L.T Bloomer

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

£4.45

### Bacon Bloomer

2 rashers of bacon, on your choice of white or brown bloomer bread or toast.

£4.00

### Sausage Bloomer

2 GF sausages, on your choice of white or brown bloomer bread or toast.

£4.00

## EXTRAS

### 1x Pot of jam (VE)

50p

### Gravy (V)

£1.15

### Three Hash Browns (V)

£1.20

### Portion of Chips (VE + GF)

£2.75

### Chicken Nugget Bites

8x battered Chicken Nuggets (halal + contain paprika)

£3.65

## SNACKS

### Chocolate Fredo (V)

90p

### Assorted Biscuits

90p

### Piece of Fruit (VE)

Choice of; Banana or Apple

£1.00

### Real Crisps

£1.50

### Quavers (V)/Pombears (VE + GF)

(Kosher)

£1.70

### Chocolate (V)

£1.95

### Cupcake Muffin (V)

£2.95

**ACTIVE**  
TAMESIDE

**fuel**  
nourish hydrate enjoy

## CHILDRENS MENU



all served with a drink (small cordial, small draught, a milk carton or bottled water), and a portion of chips.

£5.25

### Hotdog

Small Hotdog

£5.25

### Chicken Nugget Bites

6x battered Chicken Nuggets (halal + contain paprika)

£5.25

### Fish Bites

4x Breaded Fish Bites

£5.25

### Mini Cheese Pizza (V)

£5.25

### Sausage & Chips (GF)

2x GF Sausages

£5.25

Cucumber sticks can be provided, on request,  
as a paid extra (70p)

For advice on allergies,  
please ask a member of staff

Vegan (VE)

Gluten Free (GF)

Vegetarian (V)

Halal (H)



# MENU

## LUNCH



### TOASTIES/ SANDWICHES

Cheddar Cheese (V)

£3.70

Ham

£3.70

Cheese & Onion/Tomato (V)

£3.95

Tuna Mayo (GF)

£4.95

Ham & Cheese

£4.95

Chicken (H) (BBQ or Sweet Chilli)

£5.35

### JACKET POTATOES

Plain Jacket Potato (VE + GF)

£3.70

Cheddar Cheese (V + GF)

£4.75

Tuna Mayo (GF)

£5.95

Beans and Cheddar Cheese (V)

£5.95

Chilli Con Carne

£6.25

Sauces available; Tomato, Brown, BBQ,

Mayonnaise, + Salad Cream

### Chilli Con Carne

Chilli Con Carne (halal), served with a generous portion of rice.

£6.50

### Hot & Spicy Chicken Burger (H)

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

£7.75

### Beef Burger

Beef Burger, served in an unseeded bun, with a portion of chips.

£8.40

### Cheese (V) or Pepperoni Pizza

10" Cheese or Pepperoni Pizza with a tomato stuffed crust

£12.50

### MEAL DEALS - ALL DAY

#### Fuels Wrap Lunch Deal

Choice of; any wrap, a piece of fruit, a chocolate bar or crisps and a medium draught drink or a bottle of water. Served all day.

£6.25

upgrade to a hot drink for £1 extra

#### Fuels Family Pizza & Chicken Meal

Choice of; a Cheese or Pepperoni Pizza, one portion of chicken nuggets (contain paprika) (8), 4 small portions of chips & 4 medium drinks (draught). Served all day.

£24.00

Save £11.35

To help us reduce food waste, meals will no longer include a side salad by default. If you'd like one, please request it when placing your order.

### WRAPS

Tortilla wrap, filled with lettuce + cucumber and your choice of filling.

BBQ Chicken (H), Sweet Chilli

Chicken (H) or Chicken Caesar (H)

£4.50

Tuna Mayo (GF)

£4.50

Chilli Burrito

Tortilla wrap, filled with chilli beef (halal) and rice.

£5.50

### RICE BOWLS

Gorgeous Rice Bowl, with diced peppers and your choice of chicken toppings

Chicken (H)

£5.35

Sweet Chilli Chicken (H)

£5.70

BBQ Chicken (H)

£5.70

Chicken & Bacon

£6.85

### SALAD BOWLS

Gorgeous fresh salad, mixed with a choice of delicious toppings

Cheddar Cheese (GF)

£4.95

Tuna Mayo (GF)

£5.80

BBQ Chicken (GF + H)

£6.05

Chicken Caesar (GF + H)

£6.05

# MENU

## DRINKS

### HOT DRINKS

Espresso

**LAVAZZA**

TORINO. ITALIA. 1895

£1.75

Breakfast Tea or Herbal Tea

Choice of; Green, Mint, Decaf or Lemon + Ginger

£2.20

Americano

£2.75

Cappuccino, Latte, Flatwhite, Mocha, Hot Chocolate

£3.19

Cold Oat Milk (VE)

15p

Syrup Shot

50p

Extra Espresso Shot (with a hot drink)

90p



### COLD DRINKS

Juice Carton 200ml (VE)

Choice of; Apple or Orange

80p

Milk Carton 200ml (V)

Choice of; Chocolate or Strawberry (Kosher + Halal)

£1.25

Bottled Water 500ml (VE)

£1.25

Cans 330ml (VE)

£1.80

Choice of; Pepsi Max, Fanta

Flavoured Water 500ml (VE)

£1.90

Simply Fruity 330ml (VE)

£1.90

Choice of; Orange or Blackcurrant

Jug of Juice

£1.95

Cherry Coke 330ml (VE)

£2.50

Orange Lucozade Sport 500ml (VE)

£2.65

Ribena Light 500ml (VE)

£2.65

	Small	Medium	Large
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Slush	£1.32	£1.98	£2.65
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Draught	£1.90	£2.05	£2.65
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Extra Large Draft (excluding slush) £3.60

Fizzy Apple, Pink Lemonade, Coke Zero, Coca-Cola, Lemonade and Vimto

### ALCOHOL

Pint

£5.65

1/2 Pint

£2.82

Carlsberg (VE)

Poretti (VE)

Guinness Can

Peroni 330ml (VE)

Koppaberg (VE)

Spirit with Mixer Splash

Choice of; Gin, Pink Gin, Vodka or Jack Daniels available

Shipyard (VE)

Bottled White Wine 187ml

£4.80

£5.35

£5.50

£5.50

£5.60

£6.00

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please ask a member of staff

