

MENU



SERVED ALL DAY

Portion of White or Brown Toast (V)

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

£2.00

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.

£3.40

Beans on Toast (V)

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

£3.75

Bacon Bloomer

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

£4.15

Sausage Bloomer

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

£4.15

B.L.T Bloomer

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

£4.60

EXTRAS

1x Pot of jam (VE)

55p

Gravy (V)

£1.20

Three Hash Browns (V)

£1.25

Portion of Chips (VE + GF)

£2.85

Chicken Nugget Bites

8x battered Chicken Nuggets (halal + contain paprika)

£3.80

SNACKS

Chocolate Fredo (V)

90p

Assorted Biscuits

95p

Piece of Fruit (VE)

Choice of; **Banana** or **Apple**

£1.00

Real Crisps

£1.55

Quavers (V)/Pombears (VE + GF)

(Kosher)

£1.75

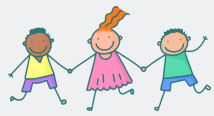
Chocolate (V)

£1.95

Cupcake Muffin (V)

£3.00

CHILDRENS MENU



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

Hotdog

Small Hotdog

£5.30

Chicken Nugget Bites

6x battered Chicken Nuggets (halal + contain paprika)

£5.30

Fish Bites

4x Breaded Fish Bites

£5.30

Mini Cheese Pizza (V)

£5.30

Sausage & Chips (GF)

2x GF Sausages

£5.30

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

For advice on allergies, please ask a member of staff

Vegan (VE)

Vegetarian (V)

Gluten Free (GF)

Halal (H)

ACTIVE
TAMESIDE

fuel
nourish hydrate enjoy

Updated April 2026



MENU



LUNCH

TOASTIES/ SANDWICHES

Cheddar Cheese (V) £3.75

Ham £3.75

Cheese & Onion/Tomato (V) £4.10

Tuna Mayo £5.15

Ham & Cheese £5.15

Chicken (H) (BBQ or Sweet Chilli) £5.55

JACKET POTATOES

Plain Jacket Potato (VE + GF) £3.70

Cheddar Cheese (V + GF) £4.90

Tuna Mayo (GF) £6.15

Beans and Cheddar Cheese (V) £6.15

Chilli Con Carne £6.50

Sauces available; Tomato, Brown, BBQ,
Mayonnaise, + Salad Cream

Chilli Con Carne

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

£6.75

Hot & Spicy Chicken Burger (H)

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

£8.05

Cheese Beef Burger

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

£8.80

Cheese (V) or Pepperoni Pizza

10" Cheese or Pepperoni Pizza with a tomato stuffed crust

£9.99

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.

£6.50

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.

£24.85

Save £9.34

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.

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WRAPS

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

BBQ Chicken (H), Sweet Chilli Chicken (H) or Chicken Caesar (H) £4.75

Tuna Mayo £4.75

Chilli Burrito
Tortilla wrap, filled with chilli beef (halal) and rice. £5.70

RICE BOWLS

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

Chicken (H) £5.55

Sweet Chilli Chicken (H) £5.90

BBQ Chicken (H) £5.90

Chicken & Bacon £7.10

SALAD BOWLS

Gorgeous fresh salad, mixed with a choice of delicious toppings

Cheddar Cheese (GF) £5.15

Tuna Mayo (GF) £6.00

BBQ Chicken (GF + H) £6.25

Chicken Caesar (GF + H) £6.25

MENU



DRINKS

HOT DRINKS



Espresso £1.85

Breakfast Tea or Herbal Tea
Choice of; Green, Mint, Decaf or Lemon + Ginger £2.25

Americano £2.85

Cappuccino, Latte, Flatwhite, Mocha, Hot Chocolate £3.30

Cold Oat Milk (VE) 15p

Syrup Shot 55p

Extra Espresso Shot (with a hot drink) 90p



COLD DRINKS

Juice Carton 200ml (VE)
Choice of; Apple or Orange 85p

Milk Carton 200ml (V)
Choice of; Chocolate or Strawberry (Kosher + Halal) £1.30

Bottled Water 500ml (VE) £1.30

Jug of Juice £1.95

Cans 330ml (VE)
Choice of; Pepsi Max, Fanta £2.00

Flavoured Water 500ml (VE) £2.00

Simply Fruity 330ml (VE)
Choice of; Orange or Blackcurrant £2.00

Cherry Coke 330ml (VE) £2.60

Ribena Light 500ml (VE) £2.65

Orange Lucozade Sport 500ml (VE) £2.75

	Small	Medium	Large
Slush	£2.00	£2.45	£2.90
Draught	£1.95	£2.25	£2.45

Extra Large Draft (excluding slush) £3.80

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

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ALCOHOL

	Pint	½ Pint
Carlsberg (VE)	£5.85	£2.95
Poretti (VE)	£6.30	£3.60
Guinness Can		£5.00
Peroni (VE)		£5.55
Koppaberg (VE)		£5.70
Spirit with Mixer Splash Choice of; Gin, Pink Gin, Vodka or Jack Daniels available		£5.70
Shipyard (VE)		£5.80
Bottled White Wine 187ml		£6.20

For advice on allergies, please ask a member of staff





YOUR membership helps to turn **lives around**

Over the past year, your membership has contributed to:

387 people taking part in our 12-week GP referral programme, receiving physical activity and mental health support

2,655 Live Active members benefitting from support to manage their long term health conditions

488,842 group exercise class attendances from our members, helping them to stay active and healthy