

MENU



SERVED ALL DAY

Portion of White or Brown Toast (V)

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

£3.40

Beans on Toast (V)

Two slices of white or brown 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 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

SIDES

1x Bacon Rasher

£1.45

Grated Cheese (V +GF)

£1.45

Portion of Baked Beans (V)

£1.60

1x Sausage (GF)

£1.90

Portion of chips (VE + GF)

£2.85

8 Chicken Nuggets

Halal and contain paprika

£3.80

EXTRAS

1x Pot of Jam (VE)

55p

2x Crumpets (V)

£2.25

Vegan (VE)

Gluten Free (GF)

Vegetarian (V)

Halal (H)

For advice on allergies,
please ask a member of staff

fuel
nourish hydrate enjoy

ACTIVE
TAMESIDE

Updated April 2026

CHILDREN'S MENU



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

Mini Cheese Pizza (V)

£5.30

Chicken Nuggets Bites

6x battered Chicken Nuggets (halal and contain paprika)

£5.30

Fishfingers & Chips

4x fishfingers

£5.30

Sausage & Chips (GF)

2x Sausages

£5.30

Childrens Puzzle Box

1x Full Sandwich, choice of; Ham, Cheese or Jam, 1x Pombears, 1 Apple or Orange Carton, 1x 3 Pot of Jelly, 1 Apple or Orange and 1x Colouring Set with crayons.

£5.55

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

CHILDREN'S EXTRAS

Cup of Milk

£0.95

Jelly Pot (VE)

£2.15



MENU



LUNCH

SNACKS

Assorted Biscuits (V)

95p

Piece of Fruit (V + VE)

Choose of; **Banana** or **Apple**

£1.00

Milky Way Stars

£1.55

Real Crisps

£1.55

Quavers (V)/Pombears (VE + GF)

£1.75

Chocolate (V)

Choose of; Kitkat, Maltesers, Beuno

£1.95

Raspberry & White Choc Protein
Flapjack (V)

£2.15

MEAL DEALS - ALL DAY

Fuels Wrap Lunch Deal

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

£6.50

upgrade to a hot drink for £1 extra

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.

TOASTIES/ SANDWICHES

Ham

£3.75

Cheddar Cheese (V + GF)

£3.75

Cheese & Onion/Tomato (V)

£4.10

Tuna Mayo (GF)

£5.15

Ham & Cheddar Cheese

£5.15

Chicken (H) (BBQ or Sweet Chilli)

£5.55

JACKET POTATO

Plain Jacket Potato (VE + GF)

Warm Buttered Jacket Potato

£3.70

Cheddar Cheese (V + GF)

£4.90

Tuna Mayo (GF)

£6.15

Beans and Cheese (V)

£6.15

WRAPS

Tortilla wrap, filled with lettuce + cucumber and your choice of chicken (H) filling.

BBQ Chicken, Sweet Chilli

£4.75

Chicken or Chicken Caesar

Tuna Mayo

£4.75

Sauces available; Tomato, Brown, BBQ, Mayonnaise and Vinegar

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HOT DRINKS

Espresso

£1.85

Breakfast Tea or Herbal Tea

Green, Mint, Decaf or Lemon + Ginger

£2.25

Americano

£2.85

Cappuccino, Latte, Flatwhite,
Mocha, Hot Chocolate

£3.30

Syrup Shot (Vanilla or Caramel)

55p

Whipped Cream

60p

Extra Espresso Shot (with a hot
drink)

90p

SOFT DRINKS

Apple/Orange Juice Carton (VE)

85p

Bottled Water (VE)

£1.30

Cans 330ml

Pepsi Max, Diet Pepsi or Vimto

£2.00

Forest Fruits Flavoured Water (VE)

£2.00

Simply Fruity (VE)

Orange or Blackcurrant

£2.00

Cherry Coke (VE)

£2.60

Ribena Light (VE)

£2.65

Orange Juice Bottle (VE)

£2.65

Lucozade (VE)

Orange or Raspberry Sport

£2.75