

# MENU



## BREAKFAST, 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

Cucumber Sticks (VE)

70p

Gravy Portion (V)

£1.20

Three Hash Browns (V)

£1.25

Portion of Potato Puffs (VE)

£2.40

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

Jelly Pot (VE)

£2.15

Chocolate 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

### Childrens Puzzle Box

1x Full Sandwich, choice of; Ham, Cheddar Cheese or Jam, A bag of Pombears, an Apple or Orange Carton, a pot of Jelly, a piece of fruit, and 1x Colouring Set with crayons.

£5.55

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

**Vegan (VE)**

**Gluten Free (GF)**

**Vegetarian (V)**

**Halal (H)**

**For advice on allergies, please ask a member of staff**



# 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

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.

### ALLEY SNACKS

#### Loaded Nachos (V)

Tortilla crisps topped with melted cheddar cheese, nacho sauce, salsa and jalapenos.

£6.70

#### Chilli Con Carne

Chilli Con Carne (halal), served with a generous portion of rice, 2x slices of garlic bread.

£6.75

#### Hot & Spicy Chicken Burger

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, 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 DEAL'S - 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

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



### 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

### 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/Sweet Chilli 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**

Whipped Cream (V) **60p**

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**

Cans 330ml (VE)  
Choice of; Pepsi Max or Diet Pepsi **£2.00**

Flavoured Water 500ml (VE) **£2.00**

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

Jug of Juice **£1.95**

Cherry Coke 330ml (VE) **£2.60**

Innocent Smoothie 200ml (VE) **£2.35**

Fresh Juice 330ml (VE)  
Choice of; Orange or Apple **£2.65**

Lucozade 500ml (VE)  
Choice of; Original Energy or Raspberry Sport **£2.75**

Ribena Light 500ml (VE) **£2.65**

	<b>Small</b>	<b>Medium</b>	<b>Large</b>
Slush	<b>£2.00</b>	<b>£2.45</b>	<b>£2.90</b>

Draught	<b>£1.95</b>	<b>£2.25</b>	<b>£2.45</b>
---------	--------------	--------------	--------------

Extra Large Draft (excluding slush) **£3.80**

Sunkist Fizzy Orange, Pink Lemonade, Coke Zero, Coca-Cola, Lemonade and Vimto

### ALCOHOL

	<b>Pint</b>	<b>½ Pint</b>
Carlsberg (VE)	<b>£5.85</b>	<b>£2.95</b>

Poretti (VE)	<b>£6.30</b>	<b>£3.60</b>
--------------	--------------	--------------

Budweiser (VE)	<b>£5.35</b>
----------------	--------------

Peroni (VE)	<b>£5.55</b>
-------------	--------------

Koppaberg/Bulmers (VE)	<b>£5.70</b>
------------------------	--------------

Spirit with Mixer Splash  
Choice of; Gin, Pink Gin, Vodka or Jack Daniels available **£5.70**

Bottled Wine 187ml  
Choice of; Merlot, Pinot Grigio or Zinfandel Rose **£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