



NRG Lab

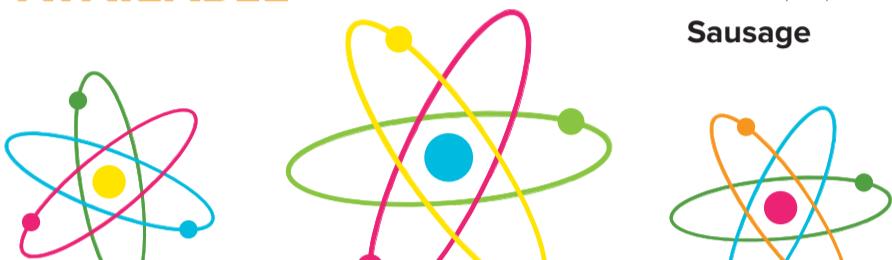
Fuel the Fun

SERVED FROM 9AM UNTIL 11:30AM

BREAKFAST

TOAST:

With jam (VE*, V, GF*)	£3.00
Free range eggs on toasted bloomer (V)	£5.00
Beans on toasted bloomer (VE*, V) Children	£4.50 £3.50
NB - WHITE AND GRANARY BREAD AVAILABLE	



SERVED FROM 12PM UNTIL 3.30PM

LUNCH

PANINIS/SANDWICHES

All served with coleslaw & salad	
ALT (VE*, V, GF*) Avocado, lettuce and tomato	£11.00
CBLT (GF*) Chicken, bacon, lettuce and tomato	£11.00
Halloumi, red pepper and chilli jam (VE*, V, GF*)	£11.00
Ham and cheese (GF*)	£11.00

JACKET POTATO

All served with coleslaw & salad	
Roasted Mediterranean vegetables rocket pesto (VE, V, GF*)	£9.00
Cheese and/or beans (V, GF*, VE*)	£9.00
Turkey meatballs in tomato sauce	£10.00
Tuna, sweetcorn and red onion in lime mayonnaise (GF*)	£10.00

HOT BOWLS

Sesame chicken and kimchee	£17.00
Sticky rice, crunchy vegetables, kimchee	
Roasted cauliflower, chickpea and red lentil tarka (VE, GF*)	£16.00
Sticky rice, fresh coriander and mint chutney	
Classic bubble and squeak (V, VE*, GF)	£15.50
Free range eggs, homemade brown sauce	
Vegetable and rice noodle ramen broth (VE)	£13.00
Add sesame chicken (£3.00)	
Add tofu (£3.00) (VE)	

For all allergy or dietary requirements, please ask a member of our staff for our Allergen Matrix.

We cannot guarantee all items are 100% allergen free as other dishes which do contain the allergen are prepared and cooked in the same kitchen.

PORRIDGE BOWLS:

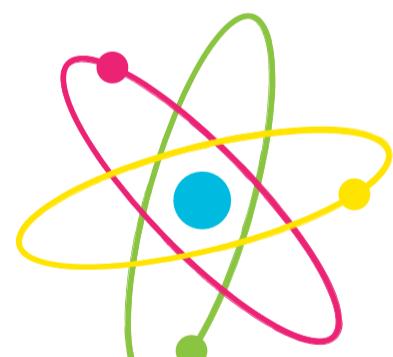
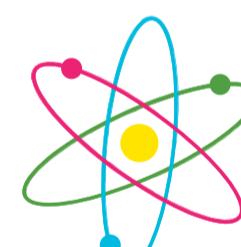
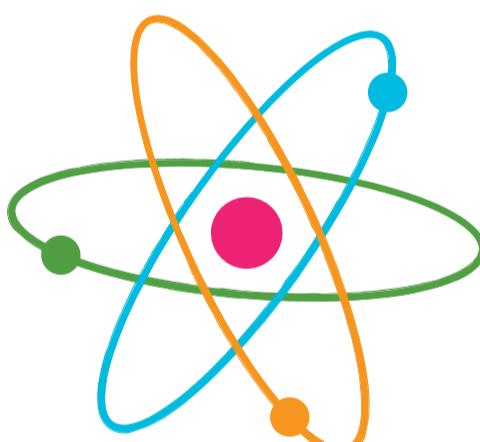
Banana (V)	£5.00
Children	£3.50
Apple and cinnamon (V)	£5.00
Children	£3.50
Berry (V)	£5.00
Children	£3.50

SANDWICHES:

Bacon (GF*)	£6.50
Sausage	£6.50

HOT:

Large Welsh Breakfast	£14.00
2 bacon, 2 sausage, 2 eggs, baked beans, mushrooms, 2 hash browns, tomato, toast	
Small Welsh Breakfast	£9.00
Bacon, sausage, egg, baked beans, mushrooms, hash brown, tomato	
Childrens Welsh Breakfast	£9.00
Bacon, sausage, egg, baked beans, hash brown, toast	
Vegetarian Breakfast (VE*, V)	£13.00
2 vegetarian sausage, 2 eggs, baked beans, mushrooms, 2 hash browns, tomato	
Childrens Vegetarian Breakfast	£6.50
Vegetarian sausage, egg, baked beans, hash brown, toast	
Poached free range eggs on toasted bloomer (GF*, V)	£8.00
With smashed avocado and tomato salsa	



FLATBREADS

Greek chicken mezze	£16.50
Freshly made humous and tahini yoghurt	
Haloumi and red pepper (VE*, V)	£16.00
Roast Mediterranean vegetables, sour cream	
Turkey meatballs	£16.00
With marinara sauce and cheese	

SIDES

Garlic bread (V)	£4.00
Add cheese (£1.00)	
Spiced jacket potato wedges (VE*, V, GF)	£4.50
Loaded with sour cream, smashed avocado and tomato salsa	
NRG salad (VE, GF)	£4.00
Crisp lettuce, crunchy vegetables, sweet cherry tomatoes, Bluestone dressing	

VE = Vegan V = Vegetarian GF = Gluten Free

*Amendments possible

= Contains Chilli