



NRGLab

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



## PORRIDGE BOWLS:

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

Bacon (GF*)	£6.50
Sausage	£6.50

## SANDWICHES:

## 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	

SERVED FROM 12pm UNTIL 3.30PM

# LUNCH

## PANINIS/SANDWICHES

All served with coleslaw & salad

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

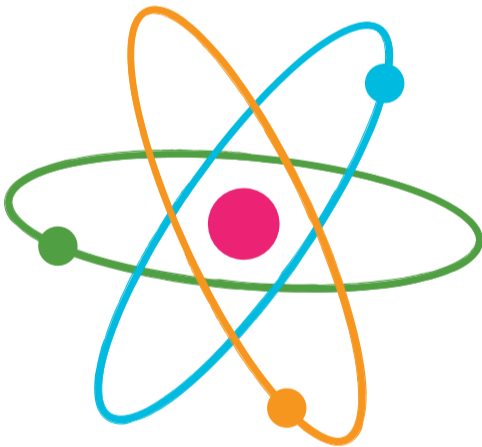
## JACKET POTATO

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

## SALADS

Tuna, sweetcorn and red onion (GF)	£15.00
With new potatoes and lemon mayo	
Smoked chicken, avocado and sweet cherry tomatoes (GF)	£16.50
Toasted pine kernels and Bluestone dressing	
Roasted red pepper and houmous (VE, GF)	£15.00
Crisp lettuce, sweet cherry tomatoes and toasted seeds	



## CHILDREN'S LUNCH

Build your own wrap	£6.50
Chicken (GF*)	
Ham and/or cheese (V, GF*, VE*)	
Jacket potato	£6.00
Cheese and/or baked beans (V, GF, VE*)	
Turkey meatballs in tomato sauce	+£1.00
Bowls	£8.00
Roasted red pepper and houmous salad (GF*, VE)	
Bubble and squeak, baked beans, fried egg (GF*, VE)	
Turkey meatballs, marinara sauce, cheese, flatbread	

## 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)	

## FLATBREADS

Greek chicken mezze	£16.50
Freshly made houmous and tahini yoghurt	
Halloumi 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