



NRGLab

Fuel the Fun

SERVED FROM 9am UNTIL 11:30am

BREAKFAST

ON TOAST:

With jam or marmalade on toasted bloomer <i>(VE, GF)</i>	£3.00
Free-range eggs on toasted bloomer <i>(V, GF*)</i>	£5.00
Beans on toasted bloomer <i>(VE*)</i> <i>Children</i>	£4.50 £3.50
Halloumi & avo on sourdough <i>(V, GF*)</i> 🌶️ Pink pickled onions, roasted cherry tomatoes, fresh chilli & lime	£10.00
Mushrooms & feta on sourdough <i>(V, GF*)</i> Spinach & fresh herbs	£9.50
Creamed cockles and laverbread on sourdough with a fried egg <i>(GF*)</i> Add streaky bacon (+£2.00)	£10.00

BREAKFAST BOWLS:

CHOICE OF PORRIDGE <i>(VE*)</i> OR WELSH YOGHURT Our porridge bowls can be made <i>VE</i> with oat milk	
Banana, honey, pecan nuts <i>(V)</i> <i>Children</i>	£5.00 £3.50
Stewed apple, cinnamon and granola <i>(V)</i> <i>Children</i>	£5.00 £3.50
Strawberry, peanut butter, dark chocolate <i>(V)</i> <i>Children</i>	£5.00 £3.50
Warm sourdough with bacon <i>(GF*)</i> or sausage Add fried egg, sauteed mushrooms, grilled tomato, cheddar cheese, black pudding	£6.50 £1.50

COOKED HOT BREAKFAST:

Large Welsh Breakfast 2 bacon, 2 sausage, 2 eggs, baked beans, mushrooms, potato bites, tomato, toast, black pudding	£14.50
Small Welsh Breakfast Bacon, sausage, egg, baked beans, mushrooms, potato bites, tomato	£9.50
Children's Welsh Breakfast Bacon, sausage, egg, baked beans, potato bites, toast	£9.50
Veggie Breakfast <i>(VE*, V)</i> 2 vegetarian sausages, 2 eggs, baked beans, mushrooms, potato bites, tomato Add halloumi <i>(V)</i> (+£2.00)	£13.50
Children's Veggie Breakfast <i>(VE*, V)</i> Vegetarian sausage, egg, baked beans, potato bites, toast, halloumi	£9.50

SERVED FROM 12pm UNTIL 3:30pm

LUNCH

SOUP

Tomato & red pepper soup <i>(VE)</i> Basil oil, warm crusty bread	£8.00
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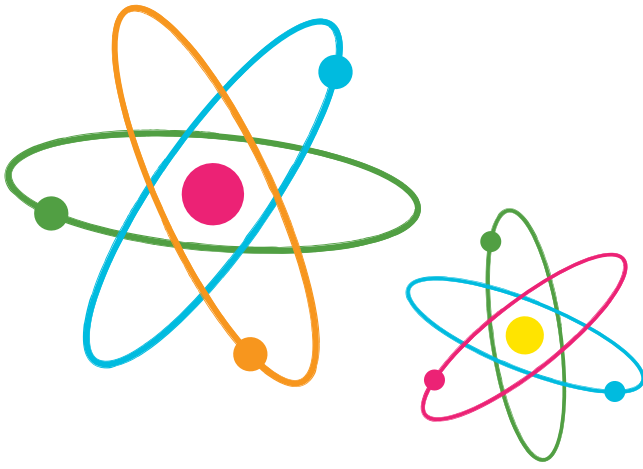
SANDWICHES/BAGUETTES

All served with coleslaw & salad

Cheese <i>(V, GF*)</i> or ham <i>(GF*)</i> on bloomer	£8.50
Classic bacon BLT bloomer <i>(GF*)</i>	£10.00
Halloumi, red pepper, sweet chilli, and hummus baguette <i>(V, GF)</i>	£11.50
Maple-glazed mushroom MLT bloomer <i>(VE, GF*)</i>	£9.50
BBQ brisket cubano, pickles, cheese, Dijon mustard mayo <i>(GF*)</i>	£12.50
Jalapeno tuna melt on bloomer <i>(GF*)</i> 🌶️	£10.00
Turkey meatball marinara melt baguette	£12.50

SALAD BOWLS

Grilled goat's cheese, butternut squash and beetroot <i>(V, GF)</i> Dressed baby leaves, toasted pine nuts	£16.00
Pea and mint falafel <i>(VE, GF)</i> Dressed baby leaves, hummus, cucumber, pink pickled onions, tomato	£16.00
Roast chicken thigh, crispy bacon, fresh avocado, chipotle and lime <i>(GF)</i> 🌶️ Dressed baby leaves, roasted cherry tomatoes, sour cream dressing	£16.50



CHILDREN'S LUNCH

Build your own wrap <i>(GF)</i> Roast chicken <i>(GF)</i> Ham <i>(GF)</i> Cheese <i>(V, GF)</i> Falafel <i>(VE)</i> <i>All with hummus, cherry tomatoes, cucumber, carrot sticks, and crisps</i>	£8.50
Tomato soup and melty cheese fingers <i>(V, GF*)</i>	£6.00
Cheese <i>(V, GF*)</i> or ham <i>(GF*)</i> on bloomer	£6.50
Pizza flatbread Tomato sauce, mozzarella cheese Choose from: Chicken, ham, pepperoni, or veggies <i>(VE)</i> (peppers, mushrooms, onion)	£8.50
Rice noodle and veggie bowl <i>(VE, GF)</i> Fresh veggies & beansprouts	£8.00

HOT BOWLS

Bibimbap rice bowl <i>(GF*)</i> Sticky Korean beef mince, fresh veggies, beansprouts, fried egg	£16.00
Roasted cauliflower, chickpea and red lentil tarka <i>(VE, GF*)</i> Sticky rice, fresh coriander and mint chutney	£15.50
Gyoza ramen bowl <i>(VE, GF*)</i> 🌶️ Steamed vegetable gyoza, rice noodles, fresh veggies, beansprouts	£13.00
Harissa turkey meatballs 🌶️ Lemon and herb quinoa, pink pickled onions, cucumber, mint yoghurt, dill	£16.00

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.

SIDES

Garlic bread <i>(V)</i> Add melted cheese (+£1.00)	£4.00
Potato bites <i>(VE, GF)</i> Cheese and bacon bits <i>(GF)</i> (+£1.00) Pepperoni pizza (cheese, tomato sauce, pepperoni slices) (+£1.00) Chipotle, lime sour cream and pink pickles <i>(V)</i> (+£1.00) 🌶️ Salt and chilli, peppers, onions <i>(VE)</i> (+£1.00) 🌶️	£4.00
Shredded rainbow slaw <i>(V, GF)</i>	£3.50
Vegetable gyozas, sesame soya dipping sauce <i>(VE, GF)</i>	£6.50
NRG salad Mixed baby leaves, cherry tomatoes, cucumber, red onion	£4.50
Warm flatbread, hummus and pink pickles <i>(VE)</i>	£4.50

VE = Vegan

V = Vegetarian

GF = Gluten Free

*Amendments possible

🌶️ = Contains Chilli