



NRGLab

Fuel the Fun

SERVED FROM 9AM UNTIL 11AM

BREAKFAST

TOAST:

With jam (VE*, V, GF*)	£2.80
Free range eggs on toasted bloomer (V)	£5.00
Beans on toasted bloomer (VE*, V)	£4.00
Children	£3.00

PORRIDGE BOWLS:

Banana (V)	£5.00
Children	£3.00
Apple and cinnamon (V)	£5.00
Children	£3.00
Berry (V)	£5.00
Children	£3.00

HOT:

Full Welsh	£13.00
Bacon, sausage, beans, mushrooms, hash browns, tomato, toast, egg	
Children	£8.00
Bacon, sausage, beans, hash browns, toast, egg	
Vegetarian (VE*, V)	£12.00
Vegetarian sausage, beans, mushroom, hash brown, tomato, toast, egg	
Children	£7.50
Vegetarian sausage, beans, hash brown, toast, egg	
Poached free range egg on toasted bloomer (GF*, V)	£7.00
With smashed avocado and tomato salsa	
Welsh laverbread and bacon cakes	£9.00
Free range eggs and sautéed mushrooms	

NB - WHITE AND GRANARY BREAD AVAILABLE

SANDWICHES:

Bacon (GF*)	£5.00
Sausage	£5.00

SERVED FROM 12PM UNTIL 3.30PM

LUNCH

PANINIS/SANDWICHES

ALT (VE, V, GF*)	£9.75
Avocado, lettuce and tomato	
CBLT (GF*)	£10.00
Chicken, bacon, lettuce and tomato	
Halloumi, red pepper and chilli jam (VE*, V, GF*)	£9.75
Ham and cheese (GF*)	£9.75

JACKET POTATO

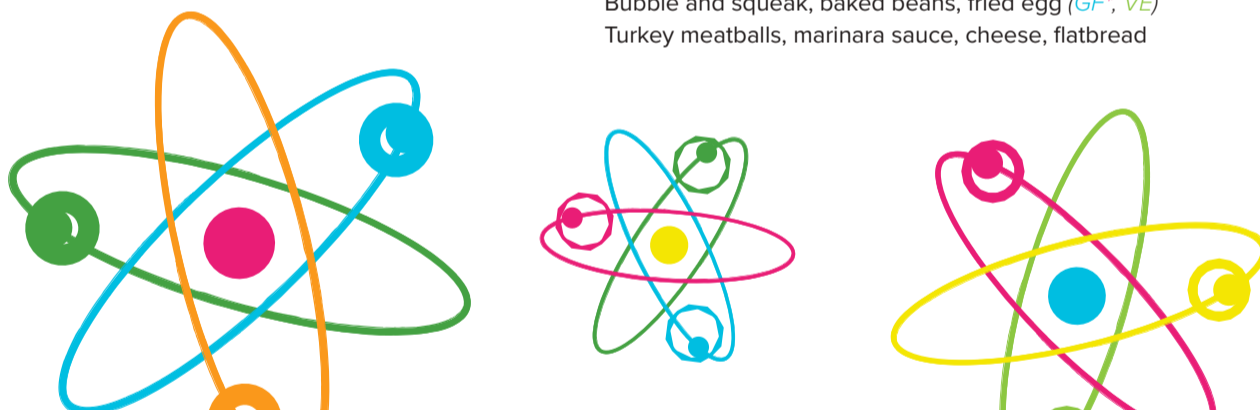
Roasted Mediterranean vegetables rocket pesto (VE, V, GF*)	£9.50
Cheese and/or beans (V, GF*, VE*)	£8.00
Turkey meatballs in tomato sauce	£9.50
Tuna, sweetcorn and red onion in lime mayonnaise (GF*)	£9.50

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	£5.50
Chicken (GF*)	
Ham and/or cheese (V, GF*, VE*)	
Jacket potato	£6.00
Turkey meatballs in tomato sauce	
Cheese and/or baked beans (V, GF, VE*)	
Bowl	£7.00
Roasted red pepper and houmous salad (GF*, VE)	
Bubble and squeak, baked beans, fried egg (GF*, VE)	
Turkey meatballs, marinara sauce, cheese, flatbread	



SERVED FROM 12PM UNTIL 3.30PM

HOT LUNCH

BOWLS

Sesame chicken and kimchee 🌶️	£16.50
Sticky rice, crunchy vegetables, kimchee	
Roasted cauliflower, chickpea and red lentil tarka (VE, GF*) 🌶️	£15.50
Sticky rice, fresh coriander and mint chutney	
Classic bubble and squeak (V, VE*, GF)	£14.50
Free range eggs, homemade brown sauce	
Vegetable and rice noodle ramen broth (VE) 🌶️	£16.50
Add sesame chicken (£3.00)	
Add tofu (£3.00) (VE)	

FLATBREADS

Greek chicken mezze	£15.50
Freshly made houmous and tahini yoghurt	
Halloumi and red pepper (VE*, V)	£15.00
Roast Mediterranean vegetables, sour cream	
Turkey meatballs	£15.00
With marinara sauce and cheese	

SIDES

Garlic bread (V)	£4.00
Add cheese (£0.50)	
Spiced jacket potato wedges (VE*, V, GF)	£4.25
Loaded with sour cream, smashed avocado and tomato salsa	
NRG salad (VE, GF)	£4.00
Crisp lettuce, crunchy vegetables, sweet cherry tomatoes, Bluestone dressing	
Bluestone dressing (VE, GF)	£1.00
Our very own creamy dressing	

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.

VE = Vegan V = Vegetarian GF = Gluten Free

*Amendments possible 🌶️ = Contains Chilli



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DRINKS MENU



SOFT DRINKS

Simply Fruity Orange/Blackcurrant	330ml	£1.95
Fanta Zero Bottle	500ml	£2.85
Coca-Cola	500ml	£2.95
Coke Zero	500ml	£2.85
Diet Coke	500ml	£2.85
Sprite Zero Bottle	500ml	£2.85
Oasis Summer Fruits/Citrus	500ml	£2.75
Orange Juice	250ml	£2.85
Apple Juice	250ml	£2.85
J2O Orange & Passionfruit	275ml	£3.25
J2O Apple & Raspberry	275ml	£3.25
J2O Apple & Mango	275ml	£3.25

Appletiser	275ml	£2.95	
Calippo Slush	12oz	£2.95	
CORDIAL	<i>PINT</i>	<i>HALF</i>	<i>DASH</i>
Orange · Blackcurrant · Lime	£1.20	£0.60	

DRAUGHT SOFT DRINKS

Coca-Cola	£3.40	£2.40	£0.90
Diet Coke	£3.30	£2.30	£0.90
Coke Zero	£3.30	£2.30	£0.90
Schweppes Lemonade	£3.30	£2.30	£0.90
MILKSHAKES (CRUSHA)			
Strawberry		£3.15	
Chocolate		£3.15	
Banana		£3.15	

HOT DRINKS (Add Syrup £0.95)

Espresso	£2.85	Cappuccino	£3.55
Double Espresso	£3.30	Tea (assorted)	from £2.45
Americano	£3.50	Hot Chocolate	£3.95
Latte	£3.55	Hot Chocolate Indulge	£4.90
Mocha	£3.95	Babycino	£0.95
Flat White	£3.55		

DRAUGHT BEER AND CIDER

	<i>PINT</i>	<i>HALF</i>		<i>PINT</i>	<i>HALF</i>
Heineken Extra cold 5%	£5.60	£2.80	Birra Moretti 4.6%	£5.80	£2.90
Amstel 4.1%	£5.20	£2.60	Inches Cider 4.5%	£5.40	£2.70
GBC Smooth 3.6%	£5.20	£2.60	Old Mout Berries & Cherries 4%	£5.60	£2.80
			Brixton Low Voltage IPA 4.3%	£5.90	£2.95

BOTTLED BEER

Bluestone Pale Ale 4.0%	500ml	£4.90
Heineken 0.0 0.0%	330ml	£3.20
Crabbies 4.0%	500ml	£4.90
Sol 4.2%	330ml	£4.25

BOTTLED CIDER

Bulmers Original 4.5%	500ml	£4.90
Bulmers Red Berries & Lime 4.0%	500ml	£4.90
Taffy Apples 6.0%	500ml	£4.90
Old Mout Berries & Cherries 0 0.0%	500ml	£3.65

SPIRITS

	25ml	50ml
Smirnoff Vodka 37%	£3.50	£5.15
Bluestone Gin 40%	£3.80	£4.90
Gordon's Gin 37.5%	£3.30	£4.80
Gordon's Pink Gin 37.5%	£3.55	£4.90
Whitley Neill Rhubarb & Ginger Gin 43%	£3.90	£5.65
Bombay Sapphire 40%	£3.80	£5.55
Baileys 17%		£3.95
Jack Daniels 40%	£3.95	£5.55
Penderyn Whiskey 46%	£3.95	£5.55
Pimms 25%		£4.60
Malibu 21%	£3.30	£4.80
Barti Ddu Spiced Rum 35%	£3.80	£5.80
Bacardi 37%	£3.30	£4.80
Disaronno 28%	£3.50	£5.10
Mimosa 29%	£3.70	£5.85

MIXERS

Tonic Water	125ml	£2.10
Slimline Tonic Water	125ml	£2.10
Ginger Ale	125ml	£2.10

WINE

	125ml	175ml	200ml	250ml	Bottle
Merlot (Chile)	£3.80	£5.05		£7.05	£20.95
Lorosco Cabernet Sauvignon (Chile)	£4.15	£5.85		£8.35	£24.95
Operetto Pinot Grigio (Italy)	£3.95	£5.60		£7.75	£22.95
San Abello Sauvignon Blanc (Chile)	£3.80	£5.25		£7.25	£21.50
Zinfandel Rosé (USA)	£3.80	£5.25		£7.25	£21.50
La Maglia Rosa (Italy)	£3.65	£5.15		£7.35	£21.95
Prosecco				£7.95	

Some wines may contain sulphites, egg or milk products.

All prices include VAT.

**PLEASE ASK A MEMBER OF STAFF
SHOULD YOU REQUIRE GUIDANCE.**

free range future

HELP US IN OUR MISSION TO REDUCE WASTE

Save 10% on your favourite hot drinks when
you present your reusable cup*

*excluding hot chocolate indulge



COFFEE AND CUP
ONLY
£6.95

