



**NRGLab**

Fuel the Fun

SERVED FROM 9AM UNTIL 11AM

# BREAKFAST

## TOAST:

<b>With jam</b> (VE*, V, GF*)	<b>£2.50</b>
<b>Free range eggs on toasted bloomer</b> (V)	<b>£4.60</b>
<b>Beans on toasted bloomer</b> (VE*, V) Children	<b>£3.95</b> <b>£2.75</b>

**NB - WHITE AND GRANARY BREAD AVAILABLE**

## PORRIDGE BOWLS:

<b>Banana</b> (V) Children	<b>£4.95</b> <b>£2.95</b>
<b>Apple and cinnamon</b> (V) Children	<b>£4.95</b> <b>£2.95</b>
<b>Berry</b> (V) Children	<b>£4.50</b> <b>£2.95</b>

## SANDWICHES:

<b>Bacon</b> (GF*)	<b>£4.50</b>
<b>Sausage</b>	<b>£4.50</b>

## HOT:

<b>Full Welsh</b> Bacon, sausage, beans, mushrooms, hash browns, tomato, toast, egg Children	<b>£12.50</b> <b>£7.50</b>
<b>Vegetarian</b> (VE*, V) Vegetarian sausage, beans, mushroom, hash brown, tomato, toast, egg Children	<b>£11.50</b> <b>£6.95</b>
<b>Poached free range egg on toasted bloomer</b> (GF*, V) With smashed avocado and tomato salsa	<b>£6.95</b>
<b>Welsh laverbread and bacon cakes</b> Free range eggs and sautéed mushrooms	<b>£8.95</b>

SERVED FROM 12PM UNTIL 3.30PM

# LUNCH

## PANINIS/SANDWICHES

<b>ALT</b> (VE, V, GF*) Avocado, lettuce and tomato	<b>£9.50</b>
<b>CBLT</b> (GF*) Chicken, bacon, lettuce and tomato	<b>£9.95</b>
<b>Halloumi, red pepper and chilli jam</b> (VE*, V, GF*)	<b>£9.50</b>
<b>Ham and cheese</b> (GF*)	<b>£9.50</b>

## JACKET POTATO

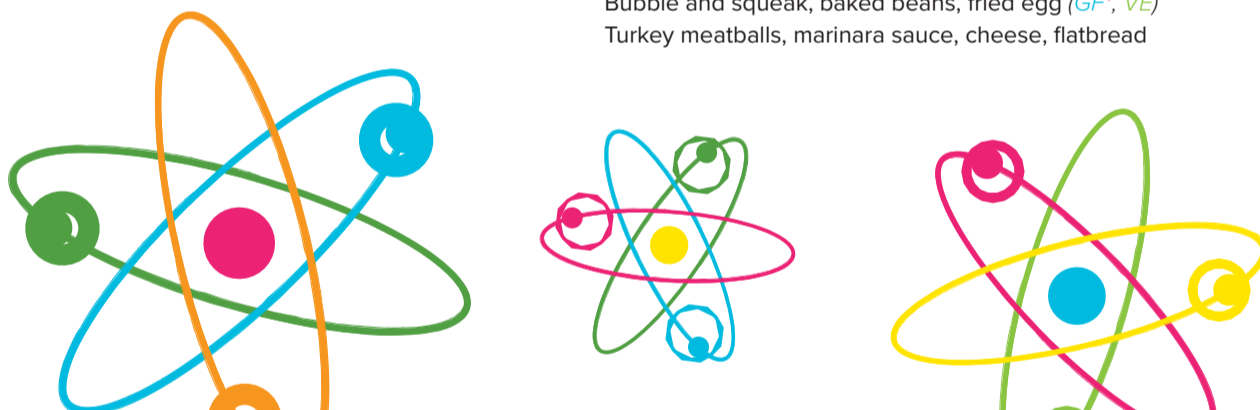
<b>Roasted Mediterranean vegetables rocket pesto</b> (VE, V, GF*)	<b>£9.00</b>
<b>Cheese and/or beans</b> (V, GF*, VE*)	<b>£7.50</b>
<b>Turkey meatballs in tomato sauce</b>	<b>£9.00</b>
<b>Tuna, sweetcorn and red onion in lime mayonnaise</b> (GF*)	<b>£9.00</b>

## SALADS

<b>Tuna, sweetcorn and red onion</b> (GF) With new potatoes and lemon mayo	<b>£14.95</b>
<b>Smoked chicken, avocado and sweet cherry tomatoes</b> (GF) Toasted pine kernels and Bluestone dressing	<b>£16.50</b>
<b>Roasted red pepper and houmous</b> (VE, GF) Crisp lettuce, sweet cherry tomatoes and toasted seeds	<b>£14.50</b>

## CHILDREN'S LUNCH

<b>Build your own wrap</b> Chicken (GF*) Ham and/or cheese (V, GF*, VE*)	<b>£4.95</b>
<b>Jacket potato</b> Turkey meatballs in tomato sauce Cheese and/or baked beans (V, GF, VE*)	<b>£4.95</b>
<b>Bowl</b> Roasted red pepper and houmous salad (GF*, VE) Bubble and squeak, baked beans, fried egg (GF*, VE) Turkey meatballs, marinara sauce, cheese, flatbread	<b>£6.95</b>



SERVED FROM 12PM UNTIL 3.30PM

# HOT LUNCH

## BOWLS

<b>Sesame chicken and kimchee</b> 🌶️ Sticky rice, crunchy vegetables, kimchee	<b>£15.95</b>
<b>Roasted cauliflower, chickpea and red lentil tarka</b> (VE, GF*) 🌶️ Sticky rice, fresh coriander and mint chutney	<b>£14.95</b>
<b>Classic bubble and squeak</b> (V, VE*, GF) Free range eggs, homemade brown sauce	<b>£13.95</b>
<b>Vegetable and rice noodle ramen broth</b> (VE) 🌶️ Add sesame chicken (£3.00) Add tofu (£3.00) (VE)	<b>£15.95</b>

## FLATBREADS

<b>Greek chicken mezze</b> Freshly made houmous and tahini yoghurt	<b>£14.95</b>
<b>Halloumi and red pepper</b> (VE*, V) Roast Mediterranean vegetables, sour cream	<b>£14.50</b>
<b>Turkey meatballs</b> With marinara sauce and cheese	<b>£14.50</b>

# SIDES

<b>Root Vegetable Fries</b> (VE, GF)	<b>£4.20</b>
<b>Spiced jacket potato wedges</b> (VE*, V, GF) Loaded with sour cream, smashed avocado and tomato salsa	<b>£3.95</b>
<b>NRG salad</b> (VE, GF) Crisp lettuce, crunchy vegetables, sweet cherry tomatoes, Bluestone dressing	<b>£3.50</b>
<b>Bluestone dressing</b> (VE, GF) Our very own creamy dressing	<b>£1.00</b>

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	£1.90
Fanta Zero Bottle	500ml	£2.65
Sprite Zero Bottle	500ml	£2.65
Orange Juice	250ml	£2.65
Apple Juice	250ml	£2.65
J2O Orange & Passionfruit	275ml	£3.15
J2O Apple & Raspberry	275ml	£3.15
J2O Apple & Mango	275ml	£3.15
Appletiser	275ml	£2.95
Calippo Slush	12oz	£2.95

CORDIAL	PINT	HALF	DASH
Orange · Blackcurrant · Lime	£2.40	£1.20	

DRAUGHT SOFT DRINKS			
Coca-Cola	£3.25	£2.25	£0.80
Diet Coke	£3.15	£2.20	£0.80
Coke Zero	£3.15	£2.20	£0.80
Schweppes Lemonade	£3.15	£2.20	£0.80

MILKSHAKES (CRUSHA)	
Strawberry	£3.15
Chocolate	£3.15
Banana	£3.15

# HOT DRINKS (Add Syrup £0.95)

Espresso	£2.55	Cappuccino	£3.30
Double Espresso	£3.10	Tea (assorted)	from £2.35
Americano	£3.25	Hot Chocolate	£3.70
Latte	£3.30	Hot Chocolate Indulge	£4.50
Mocha	£3.70	Babyccino	£0.95

# DRAUGHT BEER AND CIDER

	PINT	HALF
Heineken 5%	£5.40	£2.70
Amstel 4.1%	£4.90	£2.45
GBC Smooth 3.6%	£4.90	£2.45

	PINT	HALF
Birra Moretti 4.6%	£5.50	£2.75
Inches Cider 4.5%	£5.00	£2.50
Old Mout Berries & Cherries 4%	£5.20	£2.60

# BOTTLED BEER

Birra Moretti 4.6%	330ml	£4.60
Bluestone Pale Ale 4.0%	500ml	£4.90
Cwrw Haf 4.2%	500ml	£4.90
Cwrw Idris 5.2%	500ml	£4.90
Magic Lagyr 5.0%	500ml	£4.90
Heineken 0.0 0.0%	330ml	£3.20

# 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

## MIXERS

Tonic Water	125ml	£2.10
Slimline Tonic Water	125ml	£2.10
Ginger Ale	125ml	£2.10
Tomato Juice	200ml	£2.30
Pineapple Juice	200ml	£2.30

## WINE

	125ml	175ml	200ml	250ml	Bottle
Paddock Merlot	£3.80	£5.05		£7.05	£20.95
Cabernet Sauvignon	£4.15	£5.85		£8.35	£24.95
Operetto Pinot Grigio	£3.95	£5.40		£7.55	£22.50
Sauvignon Blanc	£3.80	£5.05		£7.05	£20.95
Bulletin Zinfandel Rosé	£3.80	£5.05		£7.05	£20.95
Pinot Grigio Blush	£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

