



NRGLab

Fuel the Fun

CHILDREN'S MENU

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.

SERVED FROM 8.30AM UNTIL 10.30AM

BREAKFAST

PORRIDGE BOWLS:

Banana and chocolate (V)	£2.65
Apple and cinnamon (V)	£2.65
Berry and almond (V)	£2.65

TOAST:

Egg on toast (V)	£4.20
Beans on toast (VE*, V)	£3.15

HOT:

Welsh breakfast	£4.75
Vegetarian breakfast (VE*, V)	£4.75

SERVED FROM 11.30AM

LUNCH

SANDWICHES/JACKET POTATO

Chicken sandwich (GF*) Served with crisps	£4.20
Ham and/or cheese sandwich (VE, V, GF*) Served with crisps	£4.20
Turkey meatballs jacket potato	£4.20
Cheese and/ or beans jacket potato (V, GF*, VE*)	£4.20

BOWLS

Steamed chicken (GF*) Served with mango and avocado salsa and brown rice	£6.30
Root vegetable hash with baked beans and a fried egg (V, GF) (Add sausage +£1)	£6.30
Turkey meatballs with cheese and a marinara sauce Served with flatbread and salad	£6.30

VE - Vegan

V - Vegetarian

GF = Gluten Free

*Amendments possible