

BREAKFAST EATS

Bacon and Egg	£4.75
Avocado and Poached Egg	£5.50
Sausage and Egg	£4.75
Bacon, Sausage and Egg	£5.50

Served on Toasted Artisan Bread or English Muffin

Egg Benedict (Small/Large)	£3.95/£5.95
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English muffin topped with poached, egg, spinach and hollandaise sauce

Add Bacon	£1.50/£3.00
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Re-Fuel Oats	Small / Large
Plain	£3.00/£3.95
Protein	£3.50/£4.25

Add fruit or spread	£1.50
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WRAPS/SANDWICHES

Chicken Avocado	£5.50
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(Grilled chicken, smashed avocado and light mayonnaise)

Tuna, Onion and Mayo Melt	£4.95
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(Tuna, red onion, light mayonnaise and cheese)

Re-Fuel Club	£4.95
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(Grilled bacon, lettuce, tomato, onion and light mayonnaise)

Chicken Fajita	£4.95
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(Grilled fajita spiced chicken, onion, peppers and spinach)

Optional Re-Fuel salsa or light mayo

All served on a choice of tortilla wrap or artisan bread

OMELETTES

Melted Cheddar Cheese	£3.95
Tomato, Onion, Pepper and Cheese	£4.50
Chicken Fillet and Spinach Leaves	£4.95
Chicken, Chorizo, Peppers and Onion	£5.95

All our omelettes are prepared with the freshest of ingredients and are served with 3 free range eggs or egg whites

EXTRA

Grilled Bacon	£1.50.	Grilled Sausage	£1.50
Baked Beans	£1.00	Smashed Avocado	£1.50
Free Range Egg	£0.75	Toasted Bread	£1
Chicken Fillet	£1.50.	Chorizo Picante	£1.50

BURGERS

Simply Grilled (Single/Double)	£5.50/£7.00
Cheese Burger (Single/Double)	£6.00/£7.50
Bacon & Cheese (Single/Double)	£6.50/£8.00
Chicken Fillet	£6.00
Simply Grilled or Spicy	

WHY NOT ADD..

Extra Patty	£1.50
Chorizo	£1.50
Bacon	£1.50
Halloumi	£1.00
Cheese	£1.00
Re-Fuel Salsa	£1.00

PANCAKES

Our American Style pancakes are thick and fluffy and can be enjoyed by those with a sweet tooth or the savoury lovers

Plain £3.55

(Served with a drizzle of chocolate sauce) £4.50

Protein £3.95
(Fluffy pancakes with your choice of protein flavour)

Fruity
(Banana, Strawberry or blueberry inside or on your pancakes)

Savoury Pancakes £4.95

(Served with bacon and a drizzle of maple syrup)

COFFEE

Our delicious coffee is roasted locally here on the Wirral supplied by a local company.

Espresso £1.50

Americano / Iced Americano £2.00

Latte / Iced Latte £2.50

Cappuccino £2.50

Flat White £2.50

Mocha £2.95

Hot Chocolate £2.50

Tea £1.50

Extra Shot £1.20

Sugar Free Syrup £0.75

SHAKES AND SMOOTHIES

Choice of flavour **Water/Milk/Coconut Water**

Chocolate £2.00/ £2.50/ £3.00

Strawberry

Vanilla

Guest flavour

Vegan

Berry Blast Bonanza £3.95

(Milk, yogurt, strawberry, raspberry, blueberry and banana)

Purple Passion £3.95

(Natural yogurt, almond milk, blueberry, banana)

All the Berries and Cherries £3.95

(Blueberry, Banana, Cherry, Almond Milk)

Pablo Punch £3.95

Mango, Pineapple, Spinach, Oats, Apple Juice

Add your choice of protein: £1.00