

BREAKFAST EATS

Bacon and Egg	£5.50
Avocado and Poached Egg	£5.95
Sausage / Bacon and Egg	£5.50
Bacon, Sausage and Egg	£6.25

Served on Toasted Artisan Bread or English Muffin

Egg Benedict (Small/Large) £3.95/£5.95

English muffin topped with poached, egg, spinach and hollandaise sauce

Add Bacon £1.50/£3.00

Re-Fuel Oats

	Small / Large
Plain	£3.00/£4.00
Protein	£4.00/£4.55
Add fruit or spread	£1.50

WRAPS/SANDWICHES

Chicken Avocado £5.95

(Grilled chicken, smashed avocado and light mayonnaise)

Tuna, Onion and Mayo Melt £4.95

(Tuna, red onion, light mayonnaise and cheese)

Re-Fuel Club £5.25

(Grilled bacon, lettuce, tomato, onion and light mayonnaise)

Chicken Fajita £5.25

(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 £4.50

Tomato, Onion, Pepper and Cheese £4.95

Chicken Fillet and Spinach Leaves £5.25

Chicken, Chorizo, Peppers and Onion £6.25

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

BURGERS

Simply Grilled (Single/Double) £5.95/£7.95

Cheese Burger (Single/Double) £6.95/£8.95

Bacon & Cheese (Single/Double) £7.50/£9.50

Chicken Fillet £6.25/£8.25

(Simply Grilled or Spicy)

WHY NOT ADD..

Extra Patty £2

Chorizo £1.50

Bacon £1.50

Halloumi £1.50

Cheese £1.00

Re-Fuel Salsa £1.00

We use 6oz lean butchers beef and prime chicken breast for our burgers.

PANCAKES

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

Plain £4.50

(Served with a drizzle of chocolate sauce)

Protein £5.50

(Fluffy pancakes with your choice of protein flavour)

Savoury Pancakes £6.95

(Served with bacon and a drizzle of maple syrup)

Why not add...

Spread: Nuttella, Lotus Biscoff, Funky Nut Peanut butter £1.50 /40g

Fruit: Strawberries, Blueberries, Banana, Cherries 100g

COFFEE

We use locally roasted coffee from our local supplier here on the Wirral.

Espresso £2.00

Americano / Iced Americano £2.00

Latte / Iced Latte £2.75

Cappuccino £2.75

Flat White £2.75

Mocha £2.95

Hot Chocolate £2.75

Tea £1.75

Extra Shot £1.25

Sugar Free Syrup £0.75

SHAKES AND SMOOTHIES

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

Chocolate £2.25/ £2.75/ £3.00

Strawberry

Vanilla

Guest flavour

Vegan

Berry Blast Bonanza £4.95

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

Purple Passion £4.95

(Natural yogurt, almond milk, blueberry, banana)

All the Berries and Cherries £4.95

(Blueberry, Banana, Cherry, Almond Milk)

Pablo Punch £4.95

Mango, Pineapple, Spinach, Oats, Apple Juice

Add protein £1.50

ASK ABOUT THE SPECIALS!

ALL OF OUR FOOD IS AVAILABLE FOR COLLECTION AND TAKEAWAY WHEN YOU CALL IN OR CALL US

ON

0151 662 0291



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ARROWE COMMERCIAL PARK, UNIT 2 ARROWE BROOK RD, BIRKENHEAD, WIRRAL CH49 1AB