
Drinks

Hot Drinks	Regular	Large
Espresso	£1.20	£1.70
Americano	£1.50	£2.00
Cappuccino	£1.80	£2.30
Cafe Latte	£1.80	£2.30
Flavoured Latte's	£2.20	£2.70
Hot Chocolate	£1.80	£2.30
Mocha	£2.30	£2.80
Tea	£1.30	£1.80
Speciality teas	£1.40	£1.90

Please subtract 20p if you are taking away any hot drink

*All our coffees and non-speciality teas are Fair-trade.
Decaffeinated coffees and Soya milk are also available*



Soft Drinks

Bottle Green Cox's Apple Presse	£2.00
Bottle Green Cranberry & Orange Presse	£2.00
Bottle Green Elderflower Presse	£2.00
Bottle Green Pomegranate with a hint of Elderflower	£2.00
Fentimans Victorian Lemonade	£2.00
Fentimans Traditional Ginger Beer	£2.00
Fentimans Curiosity Cola	£2.00
Smooove Smoothies Raspberry & banana	£0.90
Smooove Smoothies Orange & Mango	£0.90
National Forest Spring Water Still & Sparkling	£1.00
Cans;	£0.80
Coke / Diet Coke / 7Up / Fanta / Dr Pepper	

Wines & Beers

Oliver & Greg's

White - Chardonnay / Pinot Grigio	
Red - Merlot	
Rosé - Zinfandel Rosé	
Small Glass 125ml	£3.00
Large Glass 250ml	£5.00
Bottle 75cl	£11.00

Beers & Ciders

Becks 275ml	£3.00
Fosters 275ml	£3.00
Magners Irish Cider 275ml	£3.00
Fosters 275ml	£3.00
Strongbow 275ml	£3.00

A Selection of Refuel cocktails are also available
Please see our cocktail menu

*All major credit & debit cards accepted
Orders under £5.00 carry a 25p card-handling fee*

refuel
café/bar

Breakfast

served all day - (all eggs are free range)

The Refuel Breakfast £4.20

Bacon / Sausage / Beans / Mushrooms / Tomatoes / Toast / Egg option: Fried egg / Scrambled / Poached

The Veggie Refuel Breakfast ❶ £4.20

Veggie Sausage / Beans / Mushrooms / Tomatoes / Toast / Egg option: Fried egg / Scrambled / Poached

Bacon Bap £2.10

Add an egg for an extra 25p

Sausage Bap £2.10

Add an egg for an extra 25p

Veggie Sausage Bap ❶ £2.10

Add an egg for an extra 25p

Toast and Topping £1.70

Beans / Fried eggs / Scrambled eggs / Cheese

Toast and Preserve £1.10

Sandwiches

All our sandwiches are served on either a malted bloomer, white bloomer, a toasted white ciabatta or a freshly baked baguette with a small side salad

The Cod Father £3.90

Crispy fish fingers, layered with lashings of tomato ketchup and sandwiched between soft bloomer bread

Steak & Caramelised Onion Ciabatta £3.90

Sliced sirloin steak, topped with sweet caramelised red onions and crispy lettuce leaves sandwiched between a toasted white ciabatta roll

Prawn & Marie Rose Sauce with Avocado £3.20

Fresh cold-water prawns smothered with rich Marie Rose sauce and fresh sliced avocado served on your choice of bread

Mediterranean ❶ £2.90

Creamy Greek feta cheese and black olives, topped with sweet sun-blushed tomatoes and crispy salad leaves sandwiched between a toasted white ciabatta roll

The Refuel Ploughman's £2.90

Traditional honey roasted gammon ham with mature cheddar cheese, a layer of chunky pickle and crisp salad leaves on your choice of bread

Classic B.L.T £2.90

The classic B.L.T with crispy fried bacon, crisp cos lettuce, juicy sliced tomatoes and creamy mayonnaise on your choice of bread

Roast Chicken, Rocket & Roasted Vegetables £2.90

Tender roast chicken and warm roasted vegetables, topped with fresh rocket leaves on your choice of bread

Houmous & Salad ❶ £2.90

Thick houmous with a hint of garlic, crispy salad leaves, juicy tomatoes and sliced cucumber on your choice of bread

Simple Sandwiches

Served on a white or malted bloomer bread without a side salad

Egg Mayonnaise and Tomato ❶ £1.70

Tuna and Cucumber £1.70

Chicken and Bacon Mayonnaise £1.70

Mature Cheddar Cheese and Small Chunk Pickle ❶ £1.70

Toasties

Toasted white or malted bloomer bread with your choice of filling

Cheese and Tomato ❶ £2.20

Ham and Cheese £2.20

Tuna Melt £2.20

Chicken and Bacon Melt £2.20

Salads

Poached Salmon Salad £3.90

A fillet of salmon, poached and laid on crispy lettuce leaves with sliced tomatoes, cucumber and sliced peppers

Chicken Yoghurt and Mint Salad £3.90

Tender chicken breasts on a bed of crispy lettuce leaves with tomatoes, cucumber and sliced peppers topped in a smooth and creamy yoghurt & mint sauce

Apple, Walnut and Sultana Salad ❶ £3.50

Crispy salad leaves with sliced tomatoes and cucumber, topped with sliced red apple, crunchy walnuts and juicy sultanas

Greek Salad ❶ £3.50

Traditional Greek salad with crispy cos lettuce, sliced tomatoes, cucumber, red onion, black olives and cubes of creamy feta cheese, drizzled with olive oil

Couscous Salad ❶ £3.50

Crispy salad leaves with sliced tomatoes and cucumber, red onion and sliced peppers served with couscous

Baked Potatoes

Chill Con Carne and Cheese £3.50

Spicy Vegetable Chilli and Cheese ❶ £3.50

Chicken and Bacon £3.50

Prawn and Marie Rose £3.50

Cheese and Beans ❶ £3.30

Tuna Mayonnaise £3.30

Houmous and Roasted Vegetables ❶ £3.30

Homemade Soup

Soup of the Day & Roll ❶ £2.80

Please check the black board for today's soup

Burgers

Served in a soft white bap with salad and fries

Cheese Burger £4.10

Hamburger £3.90

Veggie Burger ❶ £3.90

Falafel Burger ❶ £3.90

Chicken Breast Burger £3.90

Nibbles & Bar Snacks

Cheesy Chips ❶ £2.20

Chips ❶ £1.60

Potato Wedges ❶ £1.60

Crudities & Dips ❶ £1.60

Pitted Olives ❶ £1.00