

HOT DRINKS

AMERICANO		£2.55
CAPPUCCINO		£2.55
ESPRESSO		£1.65
FLAT WHITE		£2.55
LATTE		£2.55
Extra Shot		£0.50
HOT CHOCOLATE		
Regular / Deluxe	£3.00	£3.50
BREAKFAST TEA		
Regular / Pot	£1.95	£3.00
SPECIALITY TEA		
Regular / Pot	£2.10	£3.50

COLD DRINKS

Frobisher Fruit Juice		£1.85
Princes Fruit Juice		£1.25
Lipton Ice Tea		£2.00
Diet Coke		£1.50
Mountain Mist Sugar Free		£1.20
Ribena		£1.75
Volvic Low Sugar Fruit Water		£1.25
San Pellegrino		£1.50
Still Water		£1.10

FUEL

COFFEEHOUSE & KITCHEN

takeaway menu

WWW.INSTINCT78.CO.UK/FUEL

[@fueltarporley](https://www.instagram.com/fueltarporley) [f /fueltarporley](https://www.facebook.com/fueltarporley)

PRE ORDER
FUEL@INSTINCT78.CO.UK

BREAKFAST

PORRIDGE £3.00

Start the day well with a creamy bowl of fresh porridge. Add mixed nuts and fruit, £1.00 extra.

OVERNIGHT CHIA POT £4.50

Chia seeds and oats topped with yoghurt, fresh fruit and gut-loving granola.

SUNRISE SMOOTHIE BOWL £4.50

Sunshine in a bowl with fresh mango, yoghurt, granola, chia seeds and protein powder.

AVOCADO ON TOAST £4.50

Smashed avocado on toasted wholemeal bread with lemon juice, a sprinkling of chilli, toasted seeds and greens. Add a poached egg, £1 extra.

PROTEIN PANCAKES £4.50

Banana protein pancakes with berry compote and yoghurt.

LUNCH

LUNCH BOXES from £4.50

Rainbow tabbouleh salad base with parsley, coriander, lemon, tomatoes, radishes and spring onions - choose your size and customise your protein, superfoods and sauces.
(Too good not to take home for dinner too!)

SPECIALS from £5.50

No two days should ever be the same right? Check out our daily specials board or social media for our fresh food ideas and ingredients.

PANINIS

PANINIS (served all day) £4.50

Hummus & Red Pepper
Mozzarella & Tomato
Egg with Avocado / Bacon
Tuna Melt
Classic BLT

SHAKES & SMOOTHIES

PROTEIN SHAKES

Berry Blast
Hulk
Bananarama
Choc Nut
Protein Mocca
Pina Colada
Strawberries & Cream

GLOW SMOOTHIES

Daily Greens
Ginger Shot
Blueberry Bomb
Mango Lassi

shakes & smoothies
£3.95

TASTY TREATS

Homemade Chocolate Brownie £2.00
Eat Natural Bars £1.60
Kirkland Bars £1.60
Pipers Crisps £1.50
Love Raw Vegan Chocolate Bars £2.50

ASK BEFORE YOU EAT

We serve lots of ingredients in our kitchen. Please let us know of any allergies or dietary requirements - we are always happy to offer alternatives wherever possible.