

HOT DRINKS

| | REGULAR | LARGE |
|------------------|---------|-------|
| AMERICANO | £2.55 | £3.00 |
| CAPPUCCINO | £2.55 | £3.00 |
| ESPRESSO | £1.65 | £2.00 |
| FLAT WHITE | £2.55 | £3.00 |
| LATTE | £2.55 | £3.00 |
| 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 from £3.00

Start the day well with a creamy bowl of fresh porridge. Mix up your toppings to keep life interesting (see specials board).

OVERNIGHT CHIA POT £4.50

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

SEASONAL FRUIT POT £3.00

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 POT £3.50

Hard boiled eggs and spinach – nice and simple.

LUNCH

LUNCH BOXES from £4.50

Rainbow tabbouleh salad base with avocado, radishes and pomegranate - just choose your size and customise your protein, superfoods and sauces – see specials board for details. (Too good not to take home for dinner too!)

SPECIALS from £4.50

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 or Smoked Salmon

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.
