

Breakfast

7 - 12pm

Freshly prepared and baked every morning:

Sópers English Breakfast Muffin	5.00
Choose from: Bacon & egg sausage & egg egg & cheese	
Fully loaded - bacon, egg, cheese, sausage	7.00
Sausage Roll	3.00

Bowls

Granola	Mixed berry / Mango and pineapple / Peach and apricot / Apple and pear	4.95
Protein Yoghurt	Strawberry and kiwi / Mixed berry	4.95
Pasta	Chicken, pesto, roasted peppers, spinach, sundried tomatoes	5.45
Fruit Pots	Selection of seasonal fruit	4.95

Homemade Protein

Bars		Balls	
Banana Breakfast	3.75	Peanut	2.90
Brownie	3.75	Matcha	2.90
Granola	3.75	Chocolate Brownie	2.90
Protein Carrot Cake	3.50		

Muffins

Pastries

Lemon & Poppyseed	3.25	Chicken / Steak bake	3.00
Blueberry	3.25	Croissant	2.30
Blueberry Oat	3.25	Pain Aux Chocolate	2.30
Chocolate	3.25	Almond Croissant	3.25
		Cinnamon Swirl	3.25

Salads

11 - 7pm

Egg and Spinach / Egg and Rocket pots	3.50
Chicken Caesar	8.65
Lettuce, chicken, croutons, parmesan cheese, Caesar dressing	
Build Your Own Salad	9.25
Freshly prepared salad options available all day.	
Dressings: Asian sesame, honey and mustard, Caesar, siracha mayo, French dressing	

Hot Dishes

12 - 3pm

Freshly cooked favourites crafted with quality ingredients and big flavours

Chef’s Special of the Day	10.00	Wing Wednesdays	8.50
Please check the specials board in Refuel, or keep an eye on our Instagram story for our weekly menu		New wing flavour and sides every week	
		Sópers House favourite, every Wednesday	
Soup of the Day	6.00		
Served with fresh bread of your choice			

Jacket Potatoes

12 - 7pm

Choose from a crispy, fluffy classic baked potato or a sweet potato, served with your choice of two toppings:	8.75
Cheddar Cheese, Baked Beans, Beef or Vegan Chilli Con Carne, Tuna or Coronation Chicken	

Toasted Sandwiches

12 - 7pm

Toasted sandwiches built with fresh ingredients and bold combinations.
Choose from white, brown or panini

Classic Cheese	5.00	Ham and Cheese	5.50
Sópers Club	8.90	Tuna Melt	7.50
Grilled chicken, bacon, cheddar, siracha mayonnaise		Tuna, cheddar cheese, dried peppers, sweetcorn, red onion	
The Italian	7.50	Bacon and Brie	8.90
Tomato, basil, pesto, mozzarella		Onion marmalade	

Artisan Sandwiches

11 - 7pm

A curated harmony of hand-crafted breads and thoughtfully sourced ingredients

Chicken and Bacon Farmhouse	5.85	Chicken and Chorizo Bagel	5.85
Tender sliced chicken, bacon, salad, onion, lettuce		Tender sliced chicken breast, spiced chorizo, mixed lettuce leaf, red pesto	
Tuna Crunch Farmhouse	5.85	Traditional Bagel	5.85
Tuna mayonnaise, crunchy sweet peppers, red onion, cucumber, crispy shredded iceberg lettuce		Smoked salmon, cream cheese, freshly baked bagel	

Grab & Go Sandwiches

All 4.50

Coronation Chicken	Ham and Cheese
Tuna Mayonnaise and Cucumber	Egg Mayonnaise and Cress

Our menu descriptors do not include all ingredients or allergens. *Gluten-free option available. Please inform us of any specific dietary requirements, allergies and intolerances, before ordering. Whilst we make every effort to ensure that your food is suitable for you, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free.



THANK YOU

FOR DINING WITH US

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REFUEL

SALADS & SANDWICHES

COFFEE



FRAPPES

Now available at Refuel