



Who We Are

About Us

Delicious freshly cooked, tasty, traditional food.

Take away or eat in the Cave, our friendly clubhouse.

Contact Us

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Email: [curphey85@Hotmail.co.uk]

Web: [www.westbankbears.com]



The story of West Bank ARLFC dates back to before the 2nd World War.

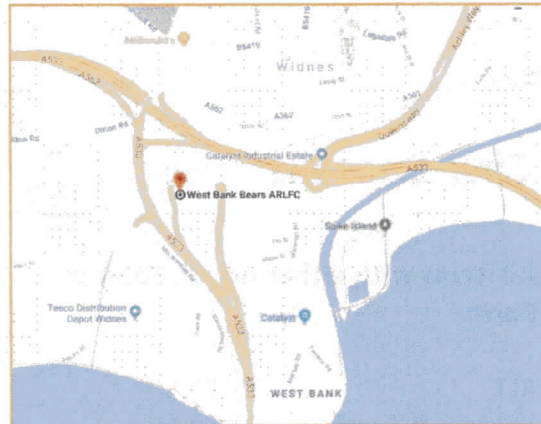
The current incarnation first took to the field in 1978 with the club's first junior teams following in 1990.

The club now runs teams for Under 6s (Cubs) through to Under 15s and Adults.

The clubhouse was opened in 2010 and the establishment of the café will help fund the development of new facilities for our teams.

Further information on all our activities can be found at

www.westbankbears.com



WEST BANK ARLFC

West Bank Rugby Café
Hutchinson Street
Widnes, WA8 0PZ

WEST BANK RUGBY CAFE

*West Bank ARLFC
Ted Gleave Sports Ground
Hutchinson Street
Widnes
Cheshire
WA8 0PZ*

*Tel: 07340 997252
Opening Times
Monday to Friday 8am - 2pm*



Lunch Menu

Sandwiches with your choice of fillings:

£2.20

Cheese; Beef; Ham; Turkey etc



Cave Specials

All items with either Bread, Toast or Barm

BLT	£2.50
Chicken & Bacon	£3.50
New Yorker	£4.00
Hot chicken fillet	£3.50
Burger	£3.00
Cheeseburger	£3.50
Chips	£1.00



All Day Breakfast Menu

All items on either Bread, Toast or Barm

Egg	£2.00
Cheese	£2.00
Bacon	£2.20
Sausage	£2.20
Sausage & Bacon	£2.50
Buttered Toast	40p per slice
Extras	50p per item

Mushrooms, Cheese, Beans, Tomatoes, Egg, Black Pudding,, Sausage, Bacon

Bear's Breakfast

2 x Bacon	Beans or Tomato
2 x Sausage	2 x Toast
1 x Egg	Tea or Coffee

£4.00

Big Bear's Breakfast

Go Large:

Extra Bacon, Sausage & Egg

£5.00