

****Please place and pay for all orders at the counter and we will deliver to your table****

From the Grill

The BIG Breakfast £6.99

Includes a pot of tea or Americano coffee. Rind less smoky bacon, lightly spiced reduced fat Cumberland sausages, baked beans, a large flat mushroom, grilled tomato, hash brown & scrambled egg served with wholemeal toast. Gluten Free bread +15p.

Nutrition information does not include drink
Cal 671, Pro 49.5g, Carbs 60.6g (Sug 13.4g), Fat 21.5g (Sat 5.4g)



Veggie BIG Breakfast (V) £6.49

Includes a pot of tea or Americano coffee. Linda McCartney sausages, baked beans, a large flat mushroom, tomato, hash browns & scrambled egg served with wholemeal toast. Gluten Free bread 15p Extra. Nutrition information does not include drink
Cal 733, Pro 45g, Carbs 71.1g (Sug 16.1g), Fat 27.2g (Sat 6.7g)

Porridge & Granola

Our simply delicious thick and creamy Porridges are 25% bigger than the leading high street chain's porridges and made using organic semi-skimmed milk

(Soya option available +10p on prices below)



Porridge with honey and pumpkin seeds (V) £2.69

Cal 391, Pro 13.5, Carbs 60.8g (Sug 17.6g), Fat 9.4g (Sat 1.3g)

Porridge w/ seasonal fresh fruit & honey (V) £3.39

Cal 390, Pro 11.9g, Carbs 67.4g (Sug 23.5g), Fat 7.3g (Sat 0.9g)

On Toast (Gluten Free bread available for 30p extra)

Two slices of Thick Wholemeal Toast (V) £1.99

Served with a bowl of conserves, marmite or peanut butter

Cal 316, Pro 9g, Carbs 34g (Sug 3.6g), Fat 13.8g (Sat 2.6g)

(Nutrition information for 2 slices of buttered toast only)

Egg White Scrambler on Toast (V) £3.99

2 slices of thick wholemeal toast topped with 4 scrambled egg whites only. For those extra health conscious customers

Cal 263, Pro 22.2g, Carbs 35.2g (Sug 4.8g), Fat 2.4g (Sat 0.6g)

Baked beans on toast (V) £2.99

2 slices of thick wholemeal toast smothered in delicious protein packed baked beans

Cal 512, Pro 24g, Carbs 75.3g (Sug 19.7g), Fat 8.9g (Sat 2g)

Lo-Carb Breakfast £5.49

Two Lightly spiced reduced fat Cumberland sausages, three rashers of rind less smoky bacon, scrambled egg, tomato and a large flat mushroom.

Cal 340, Pro 40.9g, Carbs 12.4g (Sug 3g), Fat 11.7g (Sat 4.2g)

BLT £3.99

Rind less smoky bacon, crisp iceberg lettuce and juicy tomato on lightly toasted wholemeal thick sliced bread. GF +30p.

Cal 366, Pro 25.4g, Carbs 36.1g (Sug 5.2g), Fat 11.4g (Sat 3.5g)

LoveFit Breakfast Club £5.39

Triple decker wholemeal toasted sandwich with rind less smoky bacon, lightly spiced reduced fat Cumberland sausages, light fried egg, sliced tomato, light mayo and a choice of tomato ketchup or brown sauce. GF bread 45p extra.

Cal 652, Pro 48.8g, Carbs 67.4g (Sug 13g), Fat 16.8g (Sat 4.9g)

Power Porridge (with Whey Protein) (V) £3.19

Choose from Vanilla, chocolate, raspberry or banana

Cal 426, Pro 37.7g, Carbs 45.6g (Sug 1.9g), Fat 8.7g (Sat 1.3g)

Immune Boost Porridge (V) £3.79

With raspberries and honey, finished off with a dollop of reduced fat greek yogurt and pumpkin seeds

Cal 437, Pro 15.4g, Carbs 68.8g (Sug 21.6g), Fat 11.1g (Sat 1.7g)

Granola, Seasonal Fruit & Greek Yogurt (V) £3.49

Crispy granola, seasonal fresh fruit and reduced fat greek yogurt all drizzled with honey

Cal 450, Pro 12.3g, Carbs 67.3g (Sug 32.5g), Fat 14.7g (Sat 3.1g)



Scrambled Egg on Toast (V) £3.79

2 slices of thick wholemeal toast topped with 3 creamy scrambled barn eggs, garnished with fresh chives

Cal 545, Pro 27g, Carbs 37.2g (Sug 6.8g), Fat 29.2g (Sat 9.4g)

S/Eggs with Scottish Smoked Salmon on Toast £5.99

Cal 605, Pro 34g, Carbs 38 (Sug 6.8g), Fat 32.2g (Sat 10.2g)

S/Eggs & Ham or Quorn Ham (V) on Toast £4.79

Ham—Cal 593, Pro 35.6g, Carbs 38.1g (Sug 7.7g), Fat 30.2g (Sat 9.7g)

Quorn—Cal 579, Pro 30.9g, Carbs 39.5g (Sug 7.1g), Fat 29.7g (Sat 9.6g)