

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

Perfect Panini

All our Panini are made using our amazingly healthy combination of low fat mozzarella & Somerset mature cheddar cheeses blended with fresh basil and a little light mayo. Grilled to perfection for a taste sensation and served with a garden salad.



Tomato & Red Pesto Panini (V) £5.49

Packed with Tomato, red pesto & red onions
Cal 471, Pro 19g, Carbs 59g (Sug 10.7g), Fat 18.8g (Sat 3.5g)

Chicken & Red Pesto Panini £5.99

Succulent chicken breast, red pesto & red onion
Cal 525, Pro 32.6g, Carbs 57.3g (Sug 9g), Fat 19.6g (Sat 3.5g)

Atlantic Tuna Panini £5.79

Atlantic Tuna flakes and red onion
Cal 478, Pro 29.7g, Carbs 56g (Sug 8.5g), Fat 16g (Sat 3g)

Crumbed Ham & Tomato Panini £5.99

Reduced fat crumbed ham, juicy tomato & red onion
Cal 460, Pro 22.4g, Carbs 58g (Sug 10g), Fat 16.7g (Sat 3.4g)

Quorn Ham & Tomato Panini (V) £5.99

Vegetarian smoked ham, juicy tomato & red onion
Cal 466 Pro 22.3, Carbs 59.7g (Sug 10g), Fat 16.9g (Sat 3.5g)

Jacket Potatoes

All our jacket potatoes are baked until perfectly crispy and served with a fresh garden salad.



Plain & Simple with butter (V) £3.29

Cal 407, Pro 8g, Carbs 67g (Sug 5g), Fat 6.4g (Sat 3.7g)

Mature Somerset Cheddar & Beans (V) £4.49

Cal 533, Pro 27.5g, Carbs 88.8g (Sug 13g), Fat 7.3g (Sat 0.5g)

Atlantic Tuna Flakes & Light Mayo £4.79

Cal 460, Pro 34g, Carbs 68.2g (Sug 5.4g), Fat 6g (Sat 0.6g)

Light Homous & Sliced Tomato (V) £4.49

549 Cal, Pro 17.5g, Carbs 78.3g (Sug 6.2g), Fat 18.8g (Sat 2.3g)

Light Cottage Cheese & Chives (V) £4.49

407 Cal, Pro 23.3g, Carbs 74.5g (Sug 7.5g), Fat 2.6g (Sat 1.6g)

Homemade Quorn Chilli & Cheese (V) £5.49

571 Cal, Pro 30g, Carbs 92g (Sug 18g), Fat 10.4g (Sat 1.3g)

Club Sandwiches & Pittas

LoveFit Club Sandwich £5.99

Our famous triple decker toasted sandwich with reduced fat crumbed ham, sliced chicken breast, low fat full flavour mature cheddar cheese, tomato, salad, guacamole, mustard & light mayo. Gluten Free (GF) bread available +45p
Cal 560, Pro 40.1g, Carbs 55.7g (Sug 7.9g), Fat 18.7g (Sat 3.6g)



LoveFit Veggie Club Sandwich (V) £5.49

Triple decked toasted sandwich with vegetarian smoked ham, low fat full flavour mature cheddar cheese, tomato, mixed leaves, guacamole, mustard & light mayo. GF bread +45p.
Cal 508, Pro 25.7g, Carbs 57.2g (Sug 7.9g), Fat 18g (Sat 3.7g)

Wholemeal Pitta & Falafel (V) £5.99

3 grilled falafel stuffed in a pitta bread packed with mixed leaves, tomato & red onion. Served with a garden salad and a handful of Sunbites wholemeal crisps
choose from two delicious dressings:

Lo-Fat Houmous Cal 626, Pro 19g, Carbs 66.8g (Sug 8.3g), Fat 29g (Sat 3g)

Yogurt & Mint Cal 561, Pro 18g, Carbs 66.4g (Sug 11.5g), Fat 22g (Sat 2g)

Big 'n' Hot Plates

Naked Chicken Hotplate £6.79

2 chargrilled chicken breasts with wholegrain rice and garden peas. Choose from sweet chilli, light mayo or yogurt & mint dip
Cal 535, Pro 67g, Carbs 53g (Sug 2.5g), Fat 4.9g (Sat 0.5g)



Butternut Squash Thai Curry (V) £6.99

Homemade with 6 different vegetables in a mild creamy coconut, lime, garlic, chilli & ginger thai sauce. With wholegrain rice
Cal 513, Pro 10.9g, Carbs 81.3g (Sug 8.9g), Fat 16.7g (Sat 9.3g)

Chicken & Coriander Curry £7.49

Sliced chicken breast in a medium homemade spiced tomato and coriander curry sauce. Served on a bed of wholegrain rice with a yogurt & mint dressing and a reduced fat nan bread
Cal 670, Pro 46.4g, Carbs 95.6g (Sug 20.5g), Fat 10.4g (Sat 2g)

Quorn Chilli (V) £7.29

Hot & spicy chilli homemade using vegetarian mince and served with wholegrain rice and smothered in low fat full flavour Somerset mature cheddar cheese
Cal 606, Pro 31.2g, Carbs 86.4g (Sug 22.3g), Fat 13.9g (Sat 2g)