

SERVED UNTIL
11.30AM

Breakfast

full ENGLISH

⇒IN A RUSH?⇐

OUR ALL-GRILLED
FULL ENGLISH BREAKFASTS
CAN ALSO BE SERVED IN A
TAKEAWAY BOX FOR YOUR
CONVENIENCE

Full English

£7.99

Chicken & Shallot Sausage, 2x Lean Smokey Bacon, Scrambled Eggs,
Baked Beans, Mushrooms, Tomato, Hash Brown & Granary Toast

Cal 682 Pro 52g Carbs 55g (Sug 8g) Fat 27g (Sat 7g) 5-a-day 2 WW Sm.Pts 19/Syn 10

Veggie Full English (V)

£7.99

Two Linda McCartney Sausages, Scrambled Eggs, Baked Beans,
Mushrooms, Two Hash Browns & Granary Toast

Cal 792 Pro 43g Carbs 71g (Sug 10g) Fat 35g (Sat 8g) 5-a-day 2 WW Sm.Pts 23/Syn 11

Lo Carb English (GF)

£6.99

Smoked Chicken & Shallot Sausage, Two Lean Smokey Bacon,
Scrambled Eggs, Mushrooms, Tomato.

Cal 366 Pro 41g Carbs 7g (Sug 2g) Fat 19g (Sat 6g) 5-a-day 1 WW Sm.Pts 9/Syn 4

Clean Start Breakfast (V)

£6.89

Two Poached Eggs, Wholemeal Rye Toast, Avocado & Tomatoes

Cal 499 Pro 20g Carbs 41g (Sug 4g) Fat 20g (Sat 5g) 5-a-day 1 WW Sm.Pts 15/Syn 11

Scrambled Eggs (V)

£4.99

Three Eggs and Two slices of Granary Toast

Cal 485 Pro 28g Carbs 41g (Sug 3g) Fat 22g (Sat 6g) 5-a-day 0 WW Sm.Pts 14/Syn 6

Egg White Scrambler (V)

£4.99

Four Egg Whites and One slice of Granary Toast

Cal 190 Pro 21g Carbs 21g (Sug 2g) Fat 1g (Sat 0g) 5-a-day 0 WW Sm.Pts 4/Syn 0

Crispy Seven Nut Granola (V)

£3.49

With seasonal Fresh Fruit & low fat Greek Yogurt, drizzled with Honey

Cal 190 Pro 21g Carbs 21g (Sug 2g) Fat 1g (Sat 0g) 5-a-day 0 WW Sm.Pts 4/Syn 0

Classic Porridge (V)

£3.19

Rolled oats with semi skim milk, Honey & Pumpkin Seeds

Cal 331 Pro 12g Carbs 48g (Sug 19g) Fat 8g (Sat 2g) 5-a-day (topping) WW Sm.Pts 12/Syn 4

Power Porridge (V) (Vegan Optional)

£4.19

As Classic with Vanilla Whey, Apple Juice & Cinnamon

Cal 380 Pro 34g Carbs 43g (Sug 10g) Fat 8g (Sat 2g) 5-a-day (topping) WW Sm.Pts 10 / Syn 6

OTHER BREAKFAST

Two Smokey bacon medallions on a granary roll

£3.49

Smoked chicken & shallot sausage on a granary roll

£3.19

Granary toast with butter

£2.19

+avocado +£1.00

+jam +£0.50

crispy GRANOLA

creamy PORRIDGE

TOPPINGS +70P EACH

RASPBERRY COMPOTE /
STRAWBERRIES / BANANA /
BLUEBERRIES

EACH TOPPING ACCOUNTS FOR
1/2 OF ONE OF YOUR 5-A-DAY

PANCAKES ALSO CAN HAVE FROYO AS
A TOPPING.