

# EXPRESS

## BREAKFAST TO GO

Lovefitcafé   
fit fresh food

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**Two American Pancakes (V)** £2.99

**Two Protein Pancakes (V)** £3.99

Choose from honey, lemon juice & sugar, maple syrup, golden syrup or dark choc sauce  
Toppings 70p each: strawberries, raspberry compote, banana, blueberries, peanut butter

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**Porridge—Classic (V)** with honey and pumpkin seeds £2.79

**Porridge—Smooth (V)** as Classic +red. fat greek yogurt £2.99

**Porridge—Power (V)** as Classic +vanilla whey, apple juice & cinnamon £3.79

Toppings 70p each: strawberries, raspberry compote, banana, blueberries.

**Granola Pot (V)** £3.99

seven nut granola, honey, low fat greek yogurt & seasonal fresh fruit

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**Surfer / Veggie Surfer Breakfast Roll** £3.99

Surfer—Grilled shallot and smoked chicken sausage & fried egg on granary

Veggie Surfer—Grilled Linda McCartney sausage & fried egg on granary

**Bacon Roll** £3.99

Two grilled smoky bacon medallions on granary

**Bacon Sandwich** £4.49

Three grilled smoky bacon medallions on granary

**Croissant with Ham and Cheese** £3.29

**GLUTEN FREE & PROTEIN BUN CHOICES AVAILABLE**

Gluten Free Roll +60p

Protein Roll +30p