

SEE TABLE MENUS
FOR FULL DESCRIPTION
OF OUR FOODS

LUNCH & LATER

	Takeaway	Eat In	
EAT IN PRICE INCLUDES A FRESHLY BAKED GRANARY BUN			
Veggie Soup of the Week (v)	£2.99	£3.99	
Granary Bun (v)	£0.80	-	
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LoveFit Club Sandwich / Veggie Club (v)	£6.69	£6.99	
Triple Decker toasted granary sandwich with chicken breast, honey roast ham (Quorn Ham instead of chicken and ham for Veggie version), cheddar cheese, tomato, iceberg lettuce, guacamole & mustard mayo			
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INCLUDES ONE REG SIDE (CHOOSE FROM SELECTION ON NEXT PANEL)			
Grilled Naked Chicken	£5.69 / £7.69*	£5.99 / £7.99*	
One or Two* 4oz chicken breasts, choose from sweet-chilli, our homemade BBQ, or homemade yogurt and mint dips			
Grilled Lemon Chicken	£5.69 / £7.69*	£5.99 / £7.99*	
One or Two* 4oz chicken breasts marinated in lemon and black pepper			
Grilled Cajun Chicken	£6.19 / £8.19*	£6.49 / £8.49*	
One or Two* 4oz chicken breasts lightly coated in a blackened Cajun seasoning, served with a Guacamole dip			
Grilled Italian Chicken	£7.19 / £9.19*	£7.49 / £9.49*	
One or Two* 4oz chicken breasts with homemade Italian sauce and parmesan cheese- perfect with Protein Pasta			
Grilled Mexican Chicken	£8.19 / £10.19*	£8.49 / £10.49*	
One or Two* 4oz chicken breasts with homemade lean beef chilli, grated cheddar and half fat sour cream dip			
Grilled Hunter's Chicken	£8.19 / £10.19*	£8.49 / £10.49*	
One or Two* 4oz chicken breasts with bacon and cheddar cheese and our homemade BBQ sauce			
Seared Tuna Steak	£8.19	£8.49	
One seasoned & seared 7oz (avg wgt) tuna steak			
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Superfood Salad (v)	Add Chicken +£1.50	£5.99	£6.99
with light feta, couscous, quinoa, avocado and more			
Halloumi & Mango Salad (v)	Add Chicken +£1.50	£6.79	£7.99
with walnuts, tomatoes, spinach and more			
Tuna Steak Nicoise Salad		£8.49	£9.99
with boiled egg , avocado and more			

GLUTEN FREE BREAD & ROLL CHOICES AVAILABLE ACROSS BREAKFAST AND LUNCH

Gluten Free Bread +20p / slice - Genius GF Bun+60p

NB: Please look at our table menus for full descriptions of all our foods. These menus also give full nutritional info on all our foods and the modifiers that these bread options provide.

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LUNCH & LATER

Takeaway

Eat In

EAT IN PRICE INCLUDES ONE REG SIDE (CHOOSE FROM SELECTION BELOW), TAKEAWAY PRICE FOR BURGER ONLY

All our gourmet burgers are served on a granary bun with watercress and beef tomato

GO DOUBLE! GET TWO BURGERS IN YOUR BUN FOR +£2.00. SEE PREVIOUS MENU PANEL FOR BUN OPTIONS

6oz Steak 'n' Cheese Burger	£5.99	£8.49
With lean beef, our low fat, mature cheddar, gherkin and our burger sauce		
Chicken 'n' Bacon Burger	£5.99	£8.49
With smoked lean bacon, our homemade BBQ sauce and low fat mature cheddar cheese		
6oz Turkey 'n' Brie Burger	£5.99	£8.49
With lean turkey, light brie and cranberry mayo		
Vegan Burger (v)	£4.99	£7.49
Sweetcorn & chickpea patty, with guacamole, sweet tomato chutney		

EAT IN PRICE INCLUDES ONE REG SIDE (CHOOSE FROM SELECTION BELOW), TAKEAWAY PRICE FOR JACKET ONLY

Jacket Potato—with Mature Cheddar and Beans (v)	£3.49	£5.99
Jacket Potato—with Tuna & Light Mayo	£3.99	£6.49
Jacket Potato—with Chicken, Avocado & Light Mayo	£4.29	£6.79
Jacket Potato—with lean beef chilli, cheddar & sour crm	£4.49	£6.99

MANY OF OUR MAINS INCLUDE A COMPLIMENTARY REGULAR SIDE

UPGRADE TO A PREMIUM SIDE FOR +50P +£2.50 FOR HALLOUMI

SIDES

	Garden Salad (v)	£2.49	£2.49
REGULAR	Broccoli with Flaked Parmesan & Chilli	£2.49	£2.49
	Wholegrain Rice with Garden Peas (v)	£2.49	£2.49
	Edamame Beans in the Pod (v)	£2.49	£2.49
	Golden Vegetable Longrain Rice (v)	£2.49	£2.49
PREMIUM	Protein Pasta, Italian Sauce & Green Olives (v)	£2.99	£2.99
	Egg & Edamame Bean Mini Protein Salad (v)	£2.99	£2.99
	Sweet Potato & Chives Mash (v)	£2.99	£2.99
	Grilled Halloumi & Beetroot Chutney (v)	£4.99	£4.99