

PLEASE PLACE ORDERS
AT THE COUNTER WITH
YOUR TABLE NUMBER

BREAKFAST

PLEASE ASK FOR WAIT
TIMES IF IN A HURRY

california PANCAKES

A real taste of California, our wonderful home-made pancakes come in a choice of two delicious recipes. American or Protein. Each comes with your choice of **honey, maple syrup, dark chocolate sauce or golden syrup.**

American Pancakes (V) Duo £2.99

With buttermilk, light and fluffy

♥♥ Cal 209, Pro 8g, Carbs 29g (Sug 5.4g), Fat 7g (Sat 3.3g) / Ⓢ-a-day see topping / WW Sm.Pts 7 / Syn 7

Protein Pancakes (V) Duo £3.99

With vanilla whey protein; supercharge your day!

♥♥♥ Cal 200 Pro 25g, Carbs 17g (Sug 5.4g), Fat 3g (Sat 1.6g) / Ⓢ-a-day see / WW Sm.Pts 5 / Syn 5

Add toppings for £0.70 each. Choose from strawberries^(0.5♥), raspberry compote^(0.5♥), banana^(0.5♥), blueberries^(0.5♥), peanut butter, vanilla ice cream, frozen yogurt (spring/summer only)

american BREAKFAST

GF OPTION—SEE
REVERSE OF MENU

Two of our homemade pancakes, served with maple syrup, two smoky bacon medallions, two scrambled eggs and a slice of granary toast with a jar of conserve.

American Breakfast with American Pancakes £7.99

♥♥ Cal 543, Pro 37g, Carbs 48g (Sug 7g), Fat 19g (Sat 7g) / Ⓢ-a-day 0 / WW Sm.Pts 16 / Syn 9.5

American Breakfast with Protein Pancakes £8.99

♥♥ Cal 534, Pro 54g, Carbs 37g (Sug 7g), Fat 15g (Sat 5g) / Ⓢ-a-day 0 / WW Sm.Pts 13 / Syn 7.5

full ENGLISH

GF OPTION—SEE
REVERSE OF MENU

Full English £8.99 with two grilled smoky bacon medallions, a grilled Sussex Farm shallot & smoked chicken sausage, scrambled eggs, baked beans, mushrooms, roasted vine tomatoes, one hash brown and granary toast.

♥♥♥ Cal 640, Pro 51g, Carbs 55g (Sug 8g), Fat 22g (Sat 5g) / Ⓢ-a-day 2 / WW Sm.Pts 17 / Syn 10

Super Lo-Carb (GF) £7.29 as Full English, but without the hash-brown, toast and baked beans.

♥♥♥ Cal 324, Pro 41g, Carbs 7g (Sug 1.5g), Fat 14g (Sat 4.5g) / Ⓢ-a-day 1 / WW Sm.Pts 7 / Syn 4

Veggie Full English (V) £8.49 with two grilled Linda McCartney sausages, scrambled eggs, baked beans, mushrooms, roasted vine tomatoes, two hash browns and granary toast.

♥♥♥ Cal 625, Pro 41g, Carbs 56g (Sug 9g), Fat 24g (Sat 6g) / Ⓢ-a-day 2 / WW Sm.Pts 18 / Syn 11

ALL OUR EGGS ARE
FREE RANGE

♥ AT A GLANCE NUTRITION

- ♥ 20-34g of Protein
- ♥♥ 35g or more Protein
- ♥ Less than 500 calories
- ♥♥ Less than 300 calories
- ♥ each ♥ represents one of your 5-a-day

Lovefitcafé 

fit fresh food

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poached EGGS

Our clean start breakfast with two poached eggs served with whole-meal rye toast with avocado and roasted cherry tomatoes on the vine

Clean Start Breakfast (V) £5.99.

♥♥ Cal 499, Pro 20g, Carbs 41g (Sug 3.9g), Fat 20g (Sat 5g) / Ⓢ-a-day 0 / WW Sm.Pts 15 / Syn 11

scrambled EGGS

Classic (V) £4.49 with three eggs & two slices granary toast

♥♥ Cal 443 Pro 40g, Carbs 41g (Sug 3g), Fat 36g (Sat 13g) / Ⓢ-a-day 0 / WW Sm.Pts 14 / Syn 6

Egg White Scrambler (V) £4.49 with four egg whites & one toast

♥♥♥ Cal 190, Pro 21g, Carbs 21g (Sug 2.5g), Fat 1g (Sat 0.3g) / Ⓢ-a-day 0 / WW Sm.Pts 4 / Syn 0

GF OPTION-SEE
BELOW

Add 2x Smoky Bacon medallions for £2.50

Extra eggs £0.50 each

Half Avocado £1.50

creamy PORRIDGE

All our simply delicious, thick 'n' creamy porridges are made with semi-skimmed milk (**soya / coconut / almond milk +£0.20, oat milk +£0.40**), Scottish rolled oats, honey and topped with pumpkin seeds.

Reg (12oz)

Classic (V)

£2.79

♥ Cal 307, Pro 12g, Carbs 42g (Sug 13g), Fat 9g (Sat 2.5g) / Ⓢ-a-day see toppings / WW Sm.Pts 10 / Syn 4

Power (V) With Vanilla Protein, apple juice & cinnamon £3.79

♥♥ Cal 380, Pro 34.2g, Carbs 41g (Sug 10g), Fat 7g (Sat 2.6g) / Ⓢ-a-day see toppings / WW Sm.Pts 10 / Syn 6

Add toppings for £0.70 each. Choose from raspberry compote^(0.5♥), strawberries^(0.5♥), banana^(0.5♥) or blueberries^(0.5♥)

crispy GRANOLA

Crispy Seven Nut Granola with seasonal fresh fruit and reduced fat greek yogurt, drizzled over with honey

Crispy Granola (V) £3.99

♥♥ Cal 468, Pro 14g, Carbs 54.9g (Sug 37.3g), Fat 19g (Sat 5.7g) / Ⓢ-a-day 1 / WW Sm.Pts 19 / Syn 12

GLUTEN FREE BREAD

+20p per slice

We simply can't detail all the nutrition on this menu for our different bread options, so get your calculators out for the modifiers below, add or subtract as appropriate...

GF Bread/slice

+20p

Cal +15, Pro -2.7g, Carbs +2.5g (Sug -0.2g), Fat +1.4g (Sat 0g)

NUTRITION & ALLERGY INFO

Does not include butter, conserves, sauces, toppings or extras where they are optional. Ⓢ-a-day from NHS guidelines. WW Smart-Points from Weightwatchers. Slimming World Syns take account of applicable healthy extras. Please speak to a member of staff before ordering for allergy information.

Lovefitcafé 

fit fresh food