

SEE TABLE MENUS
FOR FULL
DESCRIPTION OF
OUR FOODS

LUNCH & LATER

Takeaway

Eat In

EAT IN PRICE INCLUDES A FRESHLY BAKED GRANARY BUN.

Daily Soup (see blackboard on counter) from **£2.99** from **£3.99**

Granary Bun (v) **£0.80** -

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

Grilled Naked Chicken **S** **£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 **S** **£5.69/£7.69*** **£5.99/£7.99***

One or Two* 4oz chicken breasts marinated in lemon and black pepper

Grilled Cajun Chicken **S** **£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 **S** **£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 **S** **£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

Seared Tuna Steak **S** **£8.19** **£8.49**

One seasoned & seared 7oz (avg wgt) tuna steak

Fillet of Cod (Lemon & Black Pepper) **S** **£8.19** **£8.49**

Two 3.5oz (avg weight) cod fillets

Fillet of Cod (Tomato & Basil Sauce) **S** **£9.59** **£9.89**

Two 3.5oz (avg weight) cod fillets

Superfood Salad (v) Add Chicken +£1.50 **£5.83** **£6.99**

with light feta, couscous, quinoa, avocado and more

Halloumi & Mango Salad (v) Add Chicken +£1.50 **£6.99** **£6.99**

with walnuts, tomatoes, spinach and more

Tuna Steak Nicoise Salad **£10.99** **£10.99**

with boiled egg, avocado and more

PROTEIN & GLUTEN FREE BREAD & ROLL OPTIONS (Available for breakfast & lunch)

- Protein Bun +30p
- Gluten Free Bread +20p/slice
- Gluten Free Bun +30p

NB: Our table menus give full nutritional info all our foods and the modifiers that these bread options provide.

DISHES MARKED WITH... **S**

COME WITH ONE REGULAR SIDE
CHOOSE FROM THE OPTIONS
ON THE NEXT PANEL

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Eat In

OUR GOURMET SURFER BURGERS ARE MADE WITH MORE LEAN PROTEIN THAN A REGULAR HIGH STREET BURGER. THAT'S WHY THEY TASTE SO MEATY!
MAKE IT A DOUBLE BURGER +£2.00
EAT IN PRICE INCLUDES A REGULAR SIDE. TAKEAWAY PRICE IS BURGER ONLY

SERVED ON YOUR CHOICE OF A GRANARY, PROTEIN (+30P)
OR GF (+30P) BUN...OR GO EVEN LEANER AND GO BUNLESS!

6oz Steak 'n' Cheese Burger

£5.99

S £8.49

With lean beef, our low fat, mature cheddar, gherkin and our burger sauce

Chicken 'n' Bacon Burger

£5.99

S £8.49

With smoked lean bacon, our homemade BBQ sauce and low fat mature cheddar cheese

6oz Turkey 'n' Brie Burger

£5.99

S £8.49

With lean turkey, light brie and cranberry mayo

Veggie or Vegan Burger (V) (Vg)

£4.99

S £7.49

Sweetcorn & chickpea patty, with avocado, sweet tomato and chilli chutney (and cracked black pepper light mayo)

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

S £5.99

Jacket Potato—with Tuna & Light Mayo

£3.99

S £6.49

Jacket Potato—with Chicken, Avocado & Light Mayo

£4.29

S £6.79

Jacket Potato—with lean beef chilli, cheddar & sour crm

£4.49

S £6.99

SIDES



MANY OF OUR MAINS INCLUDE A COMPLIMENTARY REGULAR SIDE

UPGRADE TO A PREMIUM SIDE FOR +50P

+£2.50 FOR HALLOUMI

REGULAR

Garden Salad (V)

£2.49

£2.49

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

Steamed Sweet Potato Chunks (V)

£2.99

£2.99

Grilled Halloumi & Beetroot Chutney (V)

£4.99

£4.99