

# VEGETARIAN



## Veggie BREAKFASTS

SERVED UNTIL 12.00 NOON

THIS MENU BRINGS ALL  
OUR VEGGIE OPTIONS  
TOGETHER IN ONE PLACE

PLEASE SEE MAIN MENU  
FOR FULL DESCRIPTION  
IF NOT ON THIS MENU

**Veggie Full English (V) £8.49** with Linda McCartney sausages and more+  
Your choice of **Granary** or **Gluten Free (+20p)** Toast.

♥♥♥♥ Cal 635, Pro 41g, Carbs 56g (Sug 9g), Fat 24g (Sat 6g) / Ⓢ-a-day 2 / WW Sm.Pts 18 / Syn 11

**Veggie Breakfast Roll (V) £3.89** Linda McCartney sausage & fried egg,  
Your choice of **Granary** or **Gluten Free (+30p)** Roll.

♥♥ Cal 459 Pro 26g, Carbs 54g (Sug 4g), Fat 14g (Sat 4g) / Ⓢ-a-day 0 / WW Sm.Pts 13 / Syn 8

**Clean Start Breakfast (V) £5.99** Poached Eggs, Avocado, Rye Bread

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

**Classic Scrambled Eggs (V) £4.49** with three eggs

♥♥ Cal 443 Pro 28g, Carbs 41g (Sug 3g), Fat 18g (Sat 5g) / Ⓢ-a-day 0 / WW Sm.Pts 14 / Syn 6

Your choice of **Granary** or **Gluten Free (+20p)** or **Wholemeal Rye** Toast.

**Add Sliced Avocado (+£1.50)**

**Porridge—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

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

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

Choose from semi-skimmed milk or **soya/coconut/almond +£0.20** or **oat milk +£0.40**

**Add toppings for £0.70 each.** Choose from raspberry compote<sup>(0.5♥)</sup>, strawberries<sup>(0.5♥)</sup>,  
banana<sup>(0.5♥)</sup> or blueberries<sup>(0.5♥)</sup>

**Crispy Seven Nut Granola (V) £3.99** with fresh fruit and low fat Greek yogurt

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

**Veggie Burger (V) £7.99** <sup>S</sup>

with a sweet corn and chickpea patty, low fat mature cheddar, beef tomato,  
watercress, red onion, guacamole, tomato chutney. Your choice of **Granary**,  
**Protein (+20p)** or **Gluten Free (+30p)** Bun Or go Bunless! (-50p)

♥♥ Cal 601, Pro 24g, Carbs 87g (Sug 14g), Fat 14g (Sat 5g) / WW Sm.Pts 19 / Syn 4.5

**Jacket with Low Fat, Mature Cheddar & Beans (V) (GF) £5.99** <sup>S</sup>

♥♥ Cal 472, Pro 21g, Carbs 53.9g (Sug 4.5g), Fat 9.4g (Sat 6g) / Ⓢ-a-day 1 / WW Sm.Pts 15 / Syn 1.5

**Veggie Club Sandwich (V) £6.99** with Quorn ham.

♥♥ Cal 574, Pro 33.8g, Carbs 66g (Sug 5.5g), Fat 16g (Sat 5.8g) / Ⓢ-a-day 1 / WW Sm.Pts 15 / Syn 18.5

**Mediterranean Superfood Salad (V) £6.99** Light feta cheese, couscous,  
quinoa, edamame beans, avocado, baby plum tomatoes and more.

♥♥♥ Cal 337, Pro 17.2, Carbs 23.8g (Sug 5g), Fat 17.5g (Sat 5.3g) / Ⓢ-a-day 2 / WW Sm.Pts 9 / Syn 3

**Grilled Halloumi & Mango Salad (V) (GF) £6.99** Light halloumi, fresh mixed  
leaves, mango, baby plum tomatoes, walnuts, cucumber & red onion.

♥♥♥ Cal 374, Pro 27g, Carbs 8g (Sug 6g), Fat 24g (Sat 12g) / Ⓢ-a-day 2 / WW Sm.Pts 13 / Syn 9

DISHES WITH... <sup>S</sup>  
COME WITH  
ONE REGULAR SIDE  
CHOOSE FROM THE  
OPTIONS ON THE  
FULL MENU

## Veggie LUNCH

SERVED FROM 12.00 NOON

SALAD DRESSINGS:

HOMEMADE HONEY &  
MUSTARD (V)

FRENCH DRESSING (VG)

OLIVE OIL & BALSAMIC (VG)

## NUTRITIONAL INFO

Does not include butter where it is optional, sides, dressings or dips.  
Ⓢ-a-day from NHS guidelines. WW SmartPts from Weightwatchers—zero  
rated ingredients taken into account. Slimming World Syns take into  
account applicable healthy extras in ingredients.

Lovefitcafé   
fit fresh food

# VEGAN



## Vegan BREAKFASTS

SERVED UNTIL 12.00 NOON

THIS MENU BRINGS ALL OUR VEGAN OPTIONS TOGETHER IN ONE PLACE PLEASE SEE MAIN MENU FOR FULL DESCRIPTION IF NOT ON THIS MENU

DISHES WITH... **S** COME WITH ONE REGULAR SIDE CHOOSE FROM THE OPTIONS ON THE FULL MENU

**Vegan Full English (Vg) £7.49** with two grilled Linda McCartney sausages, baked beans, roasted vine tomatoes, guacamole, two hash browns & granary toast

♥♥♥ Cal 696 Pro 29g, Carbs 72g (Sug 11g), Fat 29g (Sat 7g) / Ⓢ-a-day 2 / WW Sm.Pts 22 / Syn 8.5

**Vegan Breakfast Roll (Vg) £3.99** with two Linda McCartney sausages on a Granary Roll

♥♥ Cal 421 Pro 28g, Carbs 57g (Sug 5g), Fat 7g (Sat 2.6g) / Ⓢ-a-day 0 / WW Sm.Pts 13 / Syn 7.5

**Beans on Granary Toast (Vg) £3.99**

♥♥ Cal 382, Pro 18g, Carbs 66g (Sug 13g), Fat 2g (Sat 0.6g) / Ⓢ-a-day 1 / WW Sm.Pts 12 / Syn 7

**Porridge—Classic (Vg) £2.99**

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

**Porridge—Power (Vg) £3.99** With Vanilla Pea Protein, apple juice & cinnamon

♥♥ Cal 287, Pro 21g, Carbs 36g (Sug 6g), Fat 5g (Sat 1g) / Ⓢ-a-day see toppings / WW Sm.Pts 8 / Syn 6.5

Choose from **soya/coconut/almond** or **oat milk +£0.20**

**Add toppings for £0.70 each.** Choose from raspberry compote<sup>(0.5♥)</sup>, strawberries<sup>(0.5♥)</sup>, banana<sup>(0.5♥)</sup> or blueberries<sup>(0.5♥)</sup>

## Vegan LUNCH

SERVED FROM 12.00 NOON

SALAD DRESSINGS:  
HOMEMADE HONEY & MUSTARD (V)  
FRENCH DRESSING (VG)  
OLIVE OIL & BALSAMIC (VG)

**Vegan Burger (Vg) £7.99** **S**

with a sweet corn and chickpea patty, vegan cheese, beef tomato, watercress, red onion, guacamole, tomato chutney. Your choice of **Granary Bun** ...Or go **Bunless!** (-50p)

♥ Cal 594, Pro 18g, Carbs 91g (Sug 14g), Fat 14g (Sat 6g) / WW Sm.Pts 11 / Syn 5.5

**Jacket Potato with Vegan Three Bean Chilli (Vg) £6.79** **S**

♥♥ Cal 371, Pro 14g, Carbs 66g (Sug 11g), Fat 2.5g (Sat 0.3g) / WW Sm.Pts 11 / Syn 0.5

**Vegan Mediterranean Superfood Salad (Vg) £6.99** mixed salad leaves, couscous, quinoa, edamame beans, avocado, baby plum tomatoes, pomegranate seeds & olives

♥♥♥ Cal 337, Pro 17g, Carbs 23g (Sug 5g), Fat 17g (Sat 5g) / Ⓢ-a-day 2 / WW Sm.Pts 11 / Syn 5.5

**Mango & Avocado Salad (Vg) (GF) £6.99** mixed salad leaves, mango, avocado, edamame beans, sweetcorn, tomatoes, olives, red onion & pumpkin seeds

♥♥♥ Cal 362, Pro 12g, Carbs 15g (Sug 8g), Fat 24g (Sat 4.6g) / Ⓢ-a-day 2 / WW Sm.Pts 12 / Syn 1

## NUTRITIONAL INFO

Does not include butter where it is optional, sides, dressings or dips. Ⓢ-a-day from NHS guidelines. WW SmartPts from Weightwatchers—zero rated ingredients taken into account. Slimming World Syns take into account applicable healthy extras in ingredients.

Lovefitcafé   
fit fresh food