Allergen & Nutrition Content (Love Fit Queens Road)

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containg Gluten	Crustaceaus	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs
Full English breakfast	653	52	55(8)	23(6)	Wheat		*				*				*	*		
Veggie full English	625	40	51(9)	26(6)	Wheat		*			*	*				*	*		
Vegan full English	573	26	54(8)	25(4)	Wheat					*					*	*		
Super Lo carb	337	41	7(1.5)	16(5)			*				*					*		
Scrambled eggs & toast	464	28	42(4)	19(6)	Wheat		*				*				*			
Poached eggs on sourdough	339	17	24(3)	8(2)	Wheat		*											
Egg white scrambler & toast	190	21	21(2.5)	1(0.3)	Wheat		*				*				*			
American pancakes	354	12	52(16)	10(5)	Wheat		*				*							
Protein pancakes	267	25	33(14)	3(1.6)	Wheat		*			*	*							
Vegan pancakes	264	5	55(19)	2(0.7)	Wheat						*				*			
7 Nut Granola, fruit, yogurt & Honey	330	18	43(21)	9(1)	Oat						*	Hazel, Brazil, Almond, Cashew, Pistachio, Macadamia, Pecan						
Porridge classic	330	12	48(18)	9(2.5)	Oats						*							
Protein power porridge	410	36	41(11)	10(3)	Oats, Wheat					*	*							
Breakfast roll	468	33	56(4)	11(4)	Wheat		*				*				*	*		
Steak & Cheese burger	588	45	58(9)	17(7)	Wheat, Barley		*	*			*			*	*	*		
Turkey burger	617	43	65(14)	19(7)	Wheat		*				*				*			
Chicken breast burger	620	54	70(17)	16(5)	Wheat					*	*				*			
VEGAN burger	594	18	91(14)	14(6)	Wheat								*	*	*	*		
Veggie burger	601	24	87(14)	14(5)	Wheat						*		*	*	*	*		
Cheese, tom & onion toastie	395	23	43(4.4)	13(8)	Wheat						*				*			
Tuna melt	447	32	42(3)	16(8)	Wheat		*	*			*			*	*			
Londoner	421	28	43(4)	14(8)	Wheat						*			*	*			
New Yorker	438	29	45(6)	14(8)	Wheat						*			*	*			

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Jacket potato tuna mayo	408	30	44(2)	10(1)			*	*								*		
Jacket potato cheese & beans	472	21	54(4.5)	9(6)							*							
Jacket potato & beef chilli	446	29	56(7.5)	10(5)	Wheat						*					*		
Jacket potato vegan chilli	370	14	66(11)	2(0.3)	Wheat											*		
Jacket potato, chicken, avocado & mayo	501	29	48(3)	20(3)			*											
Club sandwich	612	44	64(6)	17(6)	Wheat		*				*			*	*			
Veggie club	574	34	66(5.5)	16(6)	Wheat, Barley		*				*			*	*			
Chicken hotplate	288	64	2(0)	2(0.7)														
Lemon chicken	288	64	2(0)	2(0.7)												*		
Cajun chicken	288	64	2(0)	2(0.7)														
Italian chicken	398	70	11(6)	7(2.5)							*					*		
Mexican chicken	548	89	16(7)	12(6)	Wheat						*					*		
Tuna steak	230	49	0(0)	2(0.4)				*										
Med superfood salad	333	17	24(5)	17(5)	Wheat, Barley					*	*					*		
Halloumi & mango salad	273	17	7(6)	17(8)							*	Walnuts						
Tuna steak niçoise	370	44	4(3)	18(4)			*	*										
Mango & avocado salad	362	12	15(8)	25(5)						*								
Leek & potato soup	128	3	18(4)	5(0.4)														
Sweet potato & coriander soup	207	4	21(8)	12(10)	Wheat					*			*			*		
Butternut, Lentil, spinach soup	415	11	27(5)	29(23)									*	*				
Minestrone soup	125				Wheat													
Tomato & basil	178	4	17(10)	9(5.6)							*							
B/nut squash & Sw Pot soup	145	2	17(11)	7(4)							*							
Winter chicken & veg soup	204	20	14(1.3)	13(6)							*		*					
Country vegetable soup	168	5.6	22(9)	5(0.4)														
Indonesian Chickpea soup	237	6	20(9)	13(8)														
Garden salad	22	1	3(3)	0(0)														
Wholegrain rice & peas	315	8	63(3)	2(0.7)														

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Broccoli, parmesan & chilli	82	7	10(2.5)	3(1.5)							*							
Golden vegetable rice	321	8	67(3)	2(0.8)	Wheat, Barley								*					
Sweet potato & chive mash	195	3.6	25(6)	7(4.7)							*							
Steamed sweet potato cubes	123	3	24(5)	0(0)														
Edamame beans	75	6.5	3.5(0)	3(0.4)						*								
Protein salad	141	13	3.7(2)	7(1.6)			*			*								
Carrot & orange cake	386	4	54(40)	17(4)	Wheat		*				*	Walnuts						
Maple flapjack	443	6	61(27)	12(8)	Oats						*							
Sultana scone butter jam	591	10	97(39)	16(6)	Wheat						*							
Caramel slice	388	4.7	48(34)	21(13)	Wheat		*				*							
Salted caramel brownie	450	5	48(39)	26(16)	Wheat		*			*	*							
Ultimate almond brownie	439	4.3	34(28)	30(22)			*			*		Almonds						
Super dark brownie	338	3.3	34(24)	22(16)	Wheat					*								