

BREAKFAST

PLEASE ORDER AT COUNTER WITH TABLE NUMBER

Serving healthy and nutritious breakfasts since 2008. Brighton's very own health & fitness café

House Specials

Our breakfasts are grilled and roasted, not fried. Less fat, healthy and delicious. **NO SUBSTITUTES**

Full English - £9.79

Smoked chicken sausage, smoky bacon medallions, free range scrambled eggs, beans, mushrooms, roasted vine tomatoes, hash brown & granary toast.

Cal 653, Pro 52g, Carbs 55g (Sug 8g), Fat 23g (Sat 6g) / WW Sm.Pts 17 / Syn 10

Super Low Carb (GF) - £7.99

Smoked chicken sausage, smoky bacon medallions, free range scrambled eggs, Mushrooms & roasted vine tomatoes.

Cal 337, Pro 41g, Carbs 7g (Sug 1.5g), Fat 16g (Sat 5.5g) / WW Sm.Pts 7 / Syn 4

Veggie Full English (V) - £8.99

Linda McCartney veggie sausages, free range scrambled eggs, beans, mushrooms, roasted vine toms, hash brown and granary toast.

Cal 625, Pro 40g, Carbs 51g (Sug 9g), Fat 26g (Sat 6g) / WW Sm.Pts 18 / Syn 11

Vegan Full English (Vg) - £9.49

Linda McCartney vegan sausage, scrambled tofu, beans, avocado, roasted vine tomatoes, hash brown and toasted rye/malted wheat sourdough with vegan spread

Cal 573, Pro 26g, Carbs 54g (Sug 7.8g), Fat 25g (Sat 4g)

Egg Nation

Free range eggs prepared the way you like it. Good quality high protein.

Scrambled Eggs (V) - £4.99

Free range & served with granary toast & roasted vine tomatoes

Add smoky bacon medallions +£2.00. Add avocado +£1.50

Cal 464, Pro 28g, Carbs 42g (Sug 4g), Fat 19g (Sat 6g) / WW Sm.Pts 14 / Syn 6

Poached Eggs (V) - £6.99

Poached eggs, smashed avocado, roasted vine tomatoes & balsamic glaze on toasted rye/malted wheat sourdough

Cal 339 Pro 17g, Carbs 24g (Sug 2.7g), Fat 8g (Sat 2.6g)

Egg White Scrambler (V) - £4.99

Four egg whites scrambled & served with granary toast. Add bacon medallions +£2.00. Add avocado +£1.50

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

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Lighter Starts

Lighter breakfasts to kick start your day. Slow release energy.

Porridge (V) - £3.99

(Vegan options available)

Thick & creamy made with semi-skimmed milk, honey & topped with fresh berries & pumpkin seeds

Cal 330, Pro 12g, Carbs 48g (Sug 18g), Fat 9g (Sat 2.5g)

Protein Power Porridge (V) - £4.49

(Vegan options available)

Made with vanilla whey protein, cinnamon, milk, apple juice & topped with pumpkin seeds

Cal 410, Pro 36g, Carbs 41g (Sug 10.7g), Fat 10g (Sat 2.9g) / WW Sm.Pts 10 / Syn 6

Super Nut Granola (V) - £4.79

Seven nut granola, 0% fat Greek yogurt, fresh berries & honey

Cal 330, Pro 18g, Carbs 43g (Sug 21g), Fat 9g (Sat 1.1g)

Breakfast Roll - £3.99

(Veggie & Vegan option available)

Smoked chicken sausage & fried egg served on a granary bun

Cal 468, Pro 33g, Carbs 56g (Sug 3.8g), Fat 11g (Sat 3.8g)

Pancakes

Triple stacked, homemade & yummy!

American Pancakes (V) - £5.99

Stack of American style buttermilk pancakes served with Strawberries, blueberries & maple syrup

Cal 354, Pro 12g, Carbs 52g (Sug 16g), Fat 10g (Sat 4.8g)

Protein Pancakes (V) - £6.29

Stack of pancakes made with vanilla whey protein served with strawberries, blueberries & maple syrup

Cal 267, Pro 25g, Carbs 33g (Sug 14g), Fat 3g (Sat 1.6g)

Vegan Pancakes (Vg) - £5.99

Stack of vegan pancakes served with strawberries, blueberries & maple syrup

Cal 264, Pro 5g, Carbs 55g (Sug 19g), Fat 2g (Sat 0.7g)

Please allow up to 30 minutes wait at busy times