

BREAKFAST TO GO

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

House Specials

Our full English breakfasts are grilled and roasted, not fried. Less fat, more healthy.

Full English - £10.50

Super Low Carb (Gf) - £8.50

Veggie Full English (V) - £9.50

Vegan Full English (Vg) - £9.50

Egg Nation

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

Scrambled Eggs with granary toast (V) - £5.50

(Add bacon +£ 2.00)

Egg White Scrambler with granary toast (V) - £5.50

Breakfast roll - Smoked chicken sausage & fried egg on granary - £4.50

(Veggie & Vegan breakfast rolls also available)

Lighter Starts

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

Porridge with mixed berries, pumpkin seeds & honey (V) - £4.00

Protein Power Porridge with vanilla whey, cinnamon & apple (V) - £4.50

Croissant with melted cheddar & ham - £3.50

Bacon sandwich (or roll) on granary - £4.00 (£3.50 on a roll)

BLT – Toasted on granary with mayo - £4.50

Pancakes

Triple stacked, homemade & yummy! All served with mixed berries & maple syrup.

American Pancake stack (V) - £6.50

Protein Pancake stack (V) - £7.50

Vegan Pancake stack (Vg) - £6.50