

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, healthy and delicious.

Full English - £8.99

Super Low Carb (Gf) - £7.49

Veggie Full English (V) - £7.99

Vegan Full English (Vg) - £8.49

Egg Nation

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

Scrambled Eggs with granary toast (V) - £4.99

(Add bacon +£ 2.00. Add avocado + £1.50)

Egg White Scrambler with granary toast (V) - £4.99

Breakfast roll - Smoked chicken sausage & fried egg on granary - £3.79

(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) - £3.79

Protein Power Porridge with vanilla whey, cinnamon & apple (V) - £4.29

Croissant with melted cheddar & ham - £3.49

Bacon sandwich (or roll) on granary - £3.99 (£3.49 on a roll)

BLT – Toasted on granary with mayo - £4.49

Pancakes

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

American Pancake stack (V) - £5.49

Protein Pancake stack (V) - £5.79

Vegan Pancake stack (Vg) - £5.49