

LUNCH & LATER

PLEASE ORDER AT COUNTER

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

Soup

Freshly made and delicious. Check out the blackboard by the till for this week's choices

Soup - £3.99 (veggie) £4.49 (chicken)

Freshly made and served with a granary roll

Chicken & Tuna Steak Specials

Steam grilled chicken breast (4oz ave.wgt each) & seared Tuna steak (7oz ave.wgt)

Regular side included (+50p for Premium side) – choose from back page

Lemon Chicken (GF)

£5.99 one breast - £7.99 two breasts

Marinated in lemon and seasoned with cracked black pepper

One breast - Cal 144, Pro 32g, Carbs 1g (Sug 0g), Fat 1g (Sat 0.3g) / WW Sm.Pts 1 / Syn 0
Two breast - Cal 288, Pro 64g, Carbs 2g (Sug 0g), Fat 2g (Sat 0.7g) / WW Sm.Pts 3 / Syn 0

Cajun Chicken (GF)

- £6.49 one breast - £8.49 two breasts

Lightly coated in a blackened Cajun seasoning, served with a guacamole dip

One breast - Cal 144, Pro 32g, Carbs 1g (Sug 0g), Fat 1g (Sat 0.3g) / WW Sm.Pts 1 / Syn 0
Two breast - Cal 288, Pro 64g, Carbs 2g (Sug 0g), Fat 2g (Sat 0.7g) / WW Sm.Pts 3 / Syn 0

Italian Chicken (GF)

- £7.49 one breast - £9.49 two breasts

With our homemade Italian sauce, parmesan flakes and olives

One breast - Cal 254, Pro 37g, Carbs 9g (Sug 6g), Fat 6g (Sat 2g) / WW Sm.Pts 5 / Syn 4
Two breast - Cal 398, Pro 70g, Carbs 11g (Sug 6g), Fat 7g (Sat 2.5g) / WW Sm.Pts 7 / Syn 4.5

Mexican Chicken

- £8.49 one breast - £10.49 two breasts

With our homemade lean beef chilli, low fat cheddar & sour cream

One breast - Cal 362, Pro 52g, Carbs 15g (Sug 7g), Fat 8g (Sat 4g) / WW Sm.Pts 8 / Syn 2
Two breast - Cal 548, Pro 89g, Carbs 16g (Sug 7g), Fat 12g (Sat 6g) / WW Sm.Pts 10 / Syn 2.5

Seared Tuna Steak (GF) - £8.49

Seasoned with fennel & coriander and seared on our hotplate

Double - Cal 210, Pro 49g, Carbs 0g (Sug 0g), Fat 2g (Sat 0.4g) / WW Sm.Pts 2 / Syn 0

Please allow up to 30 minutes wait at busy times

Surfer Burgers

Gourmet burgers made with more lean protein than regular high street burgers

Regular side included (+50p for Premium side) – choose from back page

6oz Steak'n' Cheese Burger

- **£8.49** single **£10.49** double

Lean beef patty, low fat cheddar, gherkin, burger sauce & mixed leaves on granary, GF or bunless

Single - Cal 588, Pro 45g, Carbs 58g (Sug 9g), Fat 17g (Sat 7g) / WW Sm.Pts 16 / Syn 9
Double - Cal 846, Pro 77g, Carbs 61g (Sug 11g), Fat 29g (Sat 12g) / WW Sm.Pts 23 / Syn 10

6oz Turkey'n' Brie Burger

- **£8.49** single **£10.49** double

Lean turkey patty, brie, cranberry mayo & mixed leaves on granary, GF or bunless

Single - Cal 617, Pro 43g, Carbs 65g (Sug 14g), Fat 19g (Sat 7g) / WW Sm.Pts 18 / Syn 12.5
Double - Cal 777, Pro 72g, Carbs 68g (Sug 16g), Fat 22g (Sat 8g) / WW Sm.Pts 21 / Syn 13.5

Whole Chicken Breast 'n' Bacon Burger

- **£8.49** single **£10.49** double

Chicken breast, smoked bacon, homemade BBQ sauce, low fat cheddar & mixed leaves on granary, GF or bunless

Single - Cal 620, Pro 54g, Carbs 70g (Sug 17g), Fat 13g (Sat 5g) / WW Sm.Pts 17 / Syn 9
Double - Cal 754, Pro 83g, Carbs 71g (Sug 17g), Fat 15g (Sat 6g) / WW Sm.Pts 19 / Syn 9

Veggie & Vegan Burgers

Homemade burgers using plant-based ingredients

Regular side included (+50p for Premium side) – choose from back page

Veggie (V) - £7.99

Sweet corn and chickpea patty, guacamole, tomato chutney, red onion, low fat cheddar cheese & Mixed leaves on granary, GF or bunless

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

Vegan Burger (Vg) - £7.99

Sweet corn and chickpea patty, guacamole, tomato chutney, red onion, vegan cheese & Mixed leaves on granary or bunless

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

LoveFit Club Sandwich

Triple decker toasted sandwich on granary with low fat cheddar, tomato, mixed leaves, guacamole & mustard mayo (Gluten free version available)

With chicken & ham - **£6.99**

Cal 612, Pro 44g, Carbs 64g (Sug 6g), Fat 17g (Sat 6g) / WW Sm.Pts 16 / Syn 16.5

With Quorn ham (V) - **£6.99**

Cal 574, Pro 34g, Carbs 66g (Sug 5.5g), Fat 16g (Sat 6g) / WW Sm.Pts 15 / Syn 18.5

Toasties

On granary with light mature cheddar cheese

Cheese, Tomato & Red onion (V) - £3.99

Cal 395, Pro 23g, Carbs 43g (Sug 4.4g), Fat 13g (Sat 8.1g)

Tuna Melt – 4.49

Tuna flakes, cheese, mayo, capers & smoked paprika

Cal 447, Pro 32g, Carbs 42g (Sug 3.4g), Fat 16g (Sat 8.3g)

London - £4.49

Cheese, ham, tomato & mustard mayo

Cal 421, Pro 28g, Carbs 43g (Sug 4g), Fat 14g (Sat 8.3g)

New Yorker - £4.49

Cheese, pastrami, gherkin & mustard mayo

Cal 438, Pro 29g, Carbs 45g (Sug 6.2g), Fat 14 (Sat 8.4g)

Super Salads

Fresh, crisp and nutritious.

Choose your dressing when ordering. French (Vg), Olive oil & balsamic (Vg) or homemade honey & mustard (V).

Mediterranean Superfood Salad (V) -£6.99

(Add chicken +£1.50)

(Vegan version – please ask)

Quinoa, couscous, light feta, edamame beans, avocado, olives, pomegranate seeds, plum tomatoes & mixed leaves

Cal 333, Pro 17g, Carbs 24g (Sug 5g), Fat 17g (Sat 5g) / WW Sm.Pts 11 / Syn 5.5

Grilled Halloumi & Mango Salad (V) (GF) -£6.99

(Add chicken +£1.50)

Light halloumi, mango chunks, walnuts, cucumber, red onion, plum tomatoes & mixed leaves

Cal 273, Pro 17g, Carbs 7g (Sug 6g), Fat 17g (Sat 8g) / WW Sm.Pts 10 / Syn 15

Tuna Steak Nicoise Salad (7oz ave.wgt) (GF) - £10.99

Seasoned with fennel & coriander with, egg, avocado, olives, pomegranate seeds, plum tomatoes & mixed leaves

Cal 370, Pro 44g, Carbs 4g (Sug 3g), Fat 18g (Sat 4g) / WW Sm.Pts 7 / Syn 3.5

Mango & Avocado Salad (Vg) (GF) - £6.99

Mango, avocado, edamame beans, pomegranate seeds, plum tomatoes, olives, red onion, leaves & pumpkin seeds

Cal 362, Pro 12g, Carbs 15g (Sug 8g), Fat 24g (Sat 4.6g) / WW Sm.Pts 12 / Syn 1

Regular Sides

£2.49 each

Garden Salad (V) (Vg) (GF) – Mixed leaves, plum tomatoes, cucumber & grated carrot

Cal 22, Pro 1g, Carbs 3g (Sug 3g), Fat 0.2g (Sat 0g) / WW Sm.Pts 0 / Syn 0

Broccoli (GF) – Steamed and served with flaked parmesan & chilli flakes

Cal 82, Pro 7g, Carbs 10.5g (Sug 2.5g), Fat 3g (Sat 1.5g) / WW Sm.Pts 1 / Syn 1.5

Edamame Beans in the Pod (V) (Vg) (GF) – Steamed & seasoned with chilli flakes

Cal 75, Pro 6.5g, Carbs 3.5g (Sug 0g), Fat 3g (Sat 0.4g) / WW Sm.Pts 0 / Syn 0

Golden Vegetable Long Grain Rice (V) (Vg) (GF) – Seasoned rice with vegetable.

Cal 321, Pro 8g, Carbs 67g (Sug 3g), Fat 2g (Sat 0.8g) / WW Sm.Pts 10 / Syn 0

Wholegrain Rice & Garden Peas (V) (Vg) (GF) – Pure, clean & simple

Cal 315, Pro 8g, Carbs 63g (Sug 3.5g), Fat 2g (Sat 0.7g) / WW Sm.Pts 8 / Syn 0

Premium Sides

£2.99 each

Sweet Potato & Chives Mash (V) (GF) – Smashed with butter & low fat crème fresh

Cal 195, Pro 3.6g, Carbs 25g (Sug 6g), Fat 7g (Sat 4.7g) / WW Sm.Pts 8 / Syn 3.5

Sweet Potato Chunks (V) (Vg) (GF) – Steamed and garnished with chives. Pure, clean & simple

Cal 123, Pro 3g, Carbs 24g (Sug 5g), Fat 0g (Sat 0g) / WW Sm.Pts 4 / Syn 0

Protein Salad (V) (GF) – Boiled egg, edamame beans, mixed leaves, plum tomatoes & cucumber

Cal 141, Pro 13g, Carbs 3.7g (Sug 2.5g), Fat 7g (Sat 1.6g) / WW Sm.Pts 4 / Syn 0

Pancakes

Triple stacked, homemade & yummy! Served all day!

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)