

LUNCH & LATER TO GO

Soup

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

Soup - £2.99 (veggie) £3.49 (chicken)

Add a granary roll & butter – £0.80

Chicken & Tuna Steak Specials

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

Lemon Chicken (GF) - £5.69 one breast - £7.69 two breasts

Cajun Chicken (GF) - £6.19 one breast - £8.19 two breasts

Italian Chicken (GF) - £7.19 one breast - £9.19 two breasts

Mexican Chicken - £8.19 one breast - £10.19 two breasts

Seared Tuna Steak seasoned with fennel & coriander (Gf) - £8.19

Surfer Burgers

Gourmet burgers homemade with lean protein on granary (Gf & bunless options available).

6oz Steak'n' Cheeseburger - £5.99 single - £7.99 double

6oz Turkey'n' Brie Burger - £5.99 single - £7.99 double

Whole Chicken Breast 'n' Bacon Burger - £5.99 single - £7.99 double

Veggie & Vegan Burgers

Homemade burgers on granary using plant-based ingredients (GF & bunless options available).

Veggie (V) - £5.49

Vegan Burger (Vg) - £5.49

Jacket Potatoes

Baked in the oven, nice & crispy. Available from 12 noon until they're gone.

Mature cheddar & beans (V)(Gf) - £3.49

Tuna, lemon & light mayo (Gf) - £3.99

Lean beef chilli, mature cheddar & sour cream – £4.49

Vegan three Bean chilli (Vg) - £4.29

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LoveFit Club Sandwich

Triple decker toasted sandwich on granary with mature cheddar, tomato, mixed leaves, guacamole & mustard mayo (Gluten free option available).

With chicken & ham - £6.49

With Quorn ham (V) - £6.49

Toasties on Granary

Made with our, award winning, mature cheddar cheese (Gluten free option available).

Cheese, Tomato & Red onion (V) - £3.49

Tuna Melt – Cheese, capers, mayo & smoked paprika - £3.99

Londoner – Cheese, ham, tomato & mustard mayo - £3.99

New Yorker – Cheese, pastrami, gherkin & mustard mayo - £3.99

Super Salads

Fresh, crisp and nutritious. Choose your dressing (French, Oil/balsamic, Honey/mustard).

Protein power salad with Cajun chicken - £4.99

Mediterranean Superfood Salad (V) -£5.49

(Add chicken + £1.50) (Vegan option available)

Grilled Halloumi & Mango Salad (V) (Gf) -£5.49

Tuna Steak Niçoise Salad (7oz ave.wgt) (Gf) - £9.99

Regular Sides - £2.49 each

Garden Salad (V) (Vg) (Gf)

Broccoli with parmesan & chilli flakes (Gf)

Golden Vegetable Long Grain Rice (V) (Vg) (Gf)

Wholegrain Rice & Garden Peas (V) (Vg) (Gf)

Premium Sides - £2.99 each

Sweet Potato & Chives Mash (V) (Gf)

Sweet Potato Chunks (V) (Vg) (Gf)

Nachos with melted cheese, guacamole, salsa, sour cream & jalapenos (V)

Protein Salad with boiled egg & edamame beans (V) (Gf)