

Allergen & Nutrition Content (Love Fit Queens Road)

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Full English breakfast	653	52	55(8)	23(6)	Wheat		*				*				*	*		
Veggie full English	625	40	51(9)	26(6)	Wheat		*			*	*				*	*		
Vegan full English	573	26	54(8)	25(4)	Wheat					*					*	*		
Super Lo carb	337	41	7(1.5)	16(5)			*				*					*		
Scrambled eggs & toast	464	28	42(4)	19(6)	Wheat		*				*				*			
Chilli & cheese eggs	572	38	42(4)	26(11)	Wheat		*				*					*		
Egg white scrambler & toast	190	21	21(2.5)	1(0.3)	Wheat		*				*				*			
American pancakes	354	12	52(16)	10(5)	Wheat		*				*							
Protein pancakes	267	25	33(14)	3(1.6)	Wheat		*			*	*							
Vegan pancakes	264	5	55(19)	2(0.7)	Wheat						*				*			
Super nutty Granola, fruit, yogurt & Honey	327	15	44(20)	9(1)	Wheat, Oats, Rye, Barley						*	Almonds Cashews						
Porridge classic	330	12	48(18)	9(2.5)	Oats						*							
Protein power porridge	410	36	41(11)	10(3)	Oats, Wheat					*	*							
Raspberry porridge	314	13	41(12)	9(3)	Oats						*							
Vegan power porridge	287	21	36(6)	5(1)	Oats, Wheat					*								
Breakfast roll	468	33	56(4)	11(4)	Wheat		*				*				*	*		
Veggie breakfast roll	417	26	54(4)	9(3)	Wheat		*				*				*			
Vegan breakfast roll	448	27	57(6)	10(2)	Wheat					*								
Bacon sandwich	362	27	40(3)	9(4)	Wheat						*				*			
BLT	362	28	42(5)	8(2.5)	Wheat		*								*			
Croissant with cheese & ham	401	20	27(5)	22(15)	Wheat		*				*							
All butter croissant	264	5	26(5)	15(10)	Wheat		*				*							
Chocolate croissant	355	6	37(13)	19(10)	Wheat		*			*	*	Hazelnuts						
Almond croissant	359	7	43(16)	17(8)	Wheat		*			*	*	Almonds						
Steak & Cheese burger	588	45	58(9)	17(7)	Wheat		*	*			*		*	*	*	*		
Chicken breast burger	620	54	70(17)	16(5)	Wheat					*	*				*			
VEGAN burger	594	18	91(14)	14(6)	Wheat, Oat, Barley					*				*	*			
Veggie burger	601	24	87(14)	14(5)	Wheat, Oat, Barley		*			*	*			*	*			



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Garden salad	22	1	3(3)	0(0)														
Broccoli, parmesan & chilli	82	7	10(2.5)	3(1.5)						*								
Golden vegetable rice	321	8	67(3)	2(0.8)	Wheat, Barley								*					
Sweet potato & chive mash	195	3.6	25(6)	7(4.7)							*							
Steamed sweet potato cubes	123	3	24(5)	0(0)														
Potato fries	230	3.3	35 (1)	7.8(1)														
Protein salad	141	13	3.7(2)	7(1.6)			*			*								
Egg mayo sand/roll	394	20	42(4)	14(3)	Barley, Wheat		*			*	*			*	*			
Tuna crunch sand/roll	356	24	42(4)	8(1)	Barley, Wheat		*	*		*	*			*	*			
Chicken avo sand/roll	440	23	43(4)	16 (2.5)	Barley, Wheat		*			*	*			*	*			
Cheese salad sand/roll	453	22	52(8)	14(9)	Barley, Wheat					*	*		*	*	*			
Vg cheese salad sand/roll	512	12	55(8)	11(7)	Barley, Wheat					*	*		*	*	*			
Ham, egg & mustard sand/roll	454	31	43(4)	16(9)	Barley, Wheat		*				*			*	*			
Pastrami, cheese & mustard sand/roll	438	29	45(6)	14(8)	Barley, Wheat						*			*	*			
Carrot & orange cake (Vg)	386	4	54(40)	17(4)	Wheat					*		Walnuts, Hazelnuts						
Maple flapjack	443	6	61(27)	12(8)	Oats						*							
Sultana scone butter jam	591	10	97(39)	16(6)	Wheat						*							
Caramel slice	388	4.7	48(34)	21(13)	Wheat		*				*							
Salted caramel brownie	450	5	48(39)	26(16)	Wheat		*			*	*							
Morello cherry blondie	356	5	39(27)	19(12)	Wheat		*			*	*							
Ultimate almond brownie	439	4.3	34(28)	30(22)			*			*	*	Almonds						
Super dark brownie (Vg)	338	3.3	34(24)	22(16)	Wheat					*								

Makro information does not include details of any sauces, honey, dressings or butter that are served on the side.