

BRUNCH MENU

Served 9.00am – 12.00pm

Morning Glory

Crispy Tortilla, Lentil Dhal, Fried Eggs, Salsa, Hot Sauce
410 kcal / 19.9 fat / 4.2 sat / 36.1 carb / 3.6 sugar / 20.3 protein

£5.50

Add Beef.....

560 kcal / 25.7 fat / 4.2 sat / 36.1 carb / 3.6 sugar / 44.1 protein

£7.00

Smoked Salmon, Scrambled Eggs, Avocado

479 kcal / 27.75 fat / 6.2 sat / 27.5 carb / 3 sugar / 29.4 protein

£6.50

Turkey Bacon Protein Bagel

228 kcal / 3.6 fat / 0.7 sat / 24.3 carb / 3.2 sugar / 23.5 protein

£3.50

Add Egg.....

291 kcal / 8 fat / 2.1 sat / 24.6 carb / 3.5 sugar / 29 protein

£4.50

Full Breakfast

Turkey Bacon, Chicken Sausage, Dhal, Mushroom, Eggs,
Tomato, Protein Bagel

678 kcal / 28.4 fat / 5.2 sat / 41.8 carb / 6.5 sugar / 63.6 protein

£7.50

Nutri Breakfast

Seitan, Dhal, Mushroom, Scrambled Tofu, Tomato, Protein Bagel
404 kcal / 13.5 fat / 0.9 sat / 42.2 carb / 5.1 sugar / 26.8 protein

£7.50

Steak and eggs

Skirt Steak cooked to your liking, Eggs, Salsa

400 kcal / 25 fat / 7.5 sat / 0.6 carb / 0.6 sugar / 41.2 protein

£6.50

Peanut Butter & Banana Protein Bagel

444 kcal / 17 fat / 3.1 sat / 54 carb / 18.4 sugar / 18.7 protein

£3.50

Smoothie Bowl

Smoothie & fresh fruit – ask for today's choice

£6.00

ASK IN STORE ABOUT DAILY SPECIALS