

KIT **C** / **C** HEN

PRE - Pre-workout, POST - Post-workout

BREAKFAST MENU

PROTEIN BREAD PRE/POST GF, DF, N £5.50
chia seed jam, nut butter (add another slice for £2)
Repair your muscles and restore energy levels pre or post-workout.

HOUSE GRANOLA PRE/POST DF, N £7.50
coconut yogurt, toasted coconut, fresh fruit, seasonal compote (+protein for £1)
Bursting with natural energy, our granola is perfect as a pre-workout pick me up or post-workout restorer.

COCONUT PORRIDGE POST DF, V £7.50
bee pollen, seasonal compote, fresh berries (+protein for £1)
Full of naturally fast releasing energy, our porridge will set you up for the day and re-energise you after a workout.

SMASHED AVOCADO PRE DF, V, N £9.50
sourdough toast with spice roasted chickpeas, almond pesto, purple basil sprouts, poached egg (+bacon for £3)
Packed with good fats and protein, this will nourish your muscles through to your skin.

C/C GREEN BOWL PRE GF, DF £9.50
dukka sautéed greens, avocado, poached eggs, coconut dressing
Leafy greens and good fats combined to provide the full spectrum of nutrients and minerals, repairing your immune system and keeping you fuller for longer.

SUPERFOOD SCRAMBLED EGGS PRE GF £11.50
beetroot spread, smoked salmon, spinach, roasted seed mix
Packed full of oxygenating antioxidants aiding blood flow to leave you energised.

MEXICAN SHAKSHUKA GF £11.50
tomatoes, beans, courgettes, poached eggs, guacamole (+chorizo for £3)
This beta-carotene rich one-pot dish will help improve skin health and boost your immune system.

VEGAN WAFFLES POST GF, DF, V, N £12
caramelised peach, cashew cream, chia seed jam, maple syrup
Combining good carbohydrates, essential amino acids and magnesium, these waffles are perfect post-workout to restore and relax muscles.

EGGS ANY WAY

BRECKLAND BROWN EGGS £7
AVAILABLE UNTIL 3PM PRE/POST
Poached / scrambled / fried on toasted sourdough or rye

ADD EXTRAS
Avocado £2 / Spinach £1 / Sweet potato toast £2.50
Egg £1.50 / Back bacon £3 / Smoked salmon £3.50
Protein Bread £2 / Gluten free bread £1.50

FROM THE COUNTER

CLEAN, HONEST AND SEASONAL SALADS TO SUPPORT YOUR NATURAL FUNCTION AND TRAINING.

- ① CHOOSE YOUR SALAD SIZE
 - Small (2 salads) £6
 - Large (3 salads) £8.50
- ② ADD PROTEIN £3-£5.50
Vegan options available
- ③ ADD EXTRAS £2.50

SPECIALS, SMOOTHIES & DRINKS

FOR SPECIALS, SMOOTHIES AND ALL OTHER HOT & COLD BEVERAGES PLEASE SEE THE BOARDS OR ASK A MEMBER OF STAFF.

Eat in prices are subject to VAT - prices listed below are VAT inclusive.

DF - Dairy Free, GF - Gluten Free, V - Vegan, N - Contains Nuts

Disclaimer - Although we take the utmost care to accommodate all dietary requirements, our kitchen does use products that contain nuts, dairy, soy and gluten.