



## MENU

### Breakfast – Served until 12:30pm

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**GF** - Gluten Free **V** - Vegetarian **VE** - Vegan

<b>HOME-MADE GRANOLA</b> – Layer of granola, yoghurt, fresh berries & honey.....	<b>£4.99</b>
Cals 641   carbs 50g   pro 34g   fat 18g (V, VE)	
<b>OATS</b> – Bowl of oats with your choice of milk with berries and honey.....	<b>£4.99</b>
Cals 427   carbs 78g   pro 12g   fat 8g (GF, V, VE)	
Add a scoop of protein for an extra 100 calories.....	<b>£5.99</b>
<b>3 PANCAKES</b> – Pancakes served with Greek yoghurt and mixed berries.....	<b>£7.50</b>
Cals 482   carbs 65g   pro 26g   fat 12g (GF, V, VE)	
Add a scoop of protein powder for another 100 calories.....	<b>£8.50</b>
<b>OMELETTE</b> – 3 eggs plain omelette (add your choice of fillings – 80p each).....	<b>£3.99</b>
Cals 234   carbs 1.1g   pro 22.5   fat 16g (GF)	
<b>EGGS ON TOAST</b> – 3 eggs of your choice on granary bread.....	<b>£3.99</b>
Cals 382   carbs 32g   pro 26g   fat 16g (GF)	
<b>EGG FLORENTINE</b> – Granary toast, spinach, mushrooms, 2 poached eggs, hollandaise sauce and ..... watercress. Cals   536   carbs 39g   pro 40g   fat 21g (GF)	<b>£7.99</b>
<b>EGG BENEDICT</b> – Granary toast, bacon, 2 poached eggs, hollandaise sauce, watercress.....	<b>£7.99</b>
Cals 583   carbs- 33g   pro 58g   fat 24g (GF)	
<b>EGG ROYALE</b> – Granary toast, smoked salmon, 2 poached eggs, hollandise sauce topped with..... watercress. Cals 627   carbs 33g   pro 53g   fat 28g	<b>£8.50</b>
<b>FITGRILL FULL ENGLISH</b> – 2 chicken sausages, 2 medallion of bacon, 1 grilled tomato, mushroom,..... baked beans, 2 x choice of egg, 2 granary bread. Cals 643   carbs 63g   pro 50g   fat 21g (GF)	<b>£8.99</b>
<b>TRADITIONAL FULL ENGLISH</b> – 2 pork sausages, 2 bacon rashers, 1 grilled tomato, mushroom,..... baked beans, 2 x choice of egg, 2 granary toast. Cals 801   carbs 71g   pro 69g   fat 40g (GF)	<b>£8.99</b>
<b>VEGGIE BREAKFAST</b> – 1/2 avocado, spinach, grilled tomato, breakfast mushroom, beans, your..... choice of egg, 2 slices of granary toast Cals 556   carbs 50g   pro 42g   fat 18g (GF, V, VE)	<b>£7.99</b>
<b>SMOOTHIES</b> – Your choice of any milk, juice, water with fruit.....	<b>£3.99</b>
Add a scoop of protein powder for £1 extra.....	<b>£4.99</b>

**BREAKFAST NOTES** – Granary bread can be swapped for your choice of bread eg, gluten free, white bread, sourdough etc. Free hot drink with full english.

### Kid's Breakfast

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<b>FITGRILL KID'S BREAKFAST</b> – Choose 4 items from: bacon, egg, sausage, tomato, beans,..... mushroom and add a slice of toast	<b>£3.99</b>
<b>PANCAKES</b> – Pancakes served with Greek yoghurt and mixed berries.....	<b>£2.99</b>
<b>PORRIDGE</b> – Choice of milk with berries and honey.....	<b>£2.99</b>



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**BEEF BURGER** – Wholemeal bun, lean mince burger, mayo, ketchup, dijon mustard, lettuce, tomato, red onion, cheese, streaky bacon. Cals 459 | carbs 37g | pro 38g | fat 17g (GF) £9.99

**CHICKEN BURGER** – Wholemeal bun, chicken breast, lettuce, tomato, red onion, mayo. Cals 415 | carbs 31g | pro 34g | fat 15g (GF) £9.99

**VEGGIE BURGER** – Wholemeal bun, black beans, green pepper, lettuce, tomato, red onion, mayo. Cals 241 | carbs 29g | pro 15g | fat 9g (GF, V,VE) £8.99

Burgers available as 'naked burgers' (without bun)

**CHICKEN AND MUSHROOM PASTA** – Penne pasta, chicken breast, mushrooms, crème fraiche, parsley, rocket. Cals 420 | carbs 35 | pro 35 | fat 13 (GF) £7.99

**VEGETABLE PASTA** – Penne pasta, tomato sauce, mozzarella cheese, peppers, red onion, mushroom. Cals 409 | carbs 80 | pro 10 | fat 4 (GF, V,VE) £6.99

**BAKED POTATOES** – Choice of filling macros based on average potato (220g) (GF, V,VE) £6.99

**CHICKEN & BACON** Cals 436 | carbs 42 | pro 42 | fat 9

**CHEESE & BEANS** Cals 298 | carbs 47 | pro 12 | fat 5

**TUNA** Cals 314 | carbs 42 | pro 29 | fat 1

## Sides

**SKIN ON FRIES** (GF, V,VE) £2.99

Cals 358 | carbs 54g | pro 4g | fat 12g

**SWEET POTATO FRIES** (GF, V,VE) £3.99

Cals 244 | carbs 36g | pro 3g | fat 10g

## Desserts

### Adults

**HAAGEN DAZS ICE CREAM** with fruit £3.99

**FRESH FRUIT BOWL** with Greek yoghurt £3.99

**VARIOUS CAKES AVAILABLE...** £3.99

**PROTEIN FLAPJACK** £2.00

### Kids

**JELLY** £1.00

**YOGHURTS** £1.00

**FRUIT** £1.00

**ICE CREAM** £1.00

## Kids Menu

**MINI MEATBALL PASTA** £5.99

Penne pasta, mini meatballs, tomato and basil sauce, rocket (+ cheese)

**PASTA BOLOGNESE** £5.99

Penne pasta, lean mince, tomato and basil sauce, grated cheese.

**KIDS BURGER** £5.99

Wholemeal bun, lean mince burger, cheese, with skin on fries.

**CHICKEN NUGGETS** £5.99

Chicken breast, mixed salad, skin on fries.

**MARGARITA PIZZA**

(Kids burger and nuggets come with beans, sweetcorn or salad)

PLEASE INFORM STAFF OF ANY ALLERGIES OR DIETARY REQUIREMENTS BEFORE PLACING YOUR ORDER



## All day menu

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<b>CHICKEN MOZZARELLA PANINI</b> - Chicken breast, mozzarella, tomatoes, chopped basil and lemon mayo. Cals 438   carbs 48g   pro 27g   fat 14g (GF)	£7.99
<b>TUNA AND RED ONION PANINI</b> - Tuna flakes, red onion, cucumber, lettuce, lemon mayo. Cals 409   carbs 45g   pro 20g   fat 16g (GF)	£6.99
<b>MIXED VEG PANINI</b> - Mixed peppers, tomato, red onion, pesto, feta cheese. Cals 361   carbs 51g   pro 11g   fat 9g (GF, V, VE)	£5.99
<b>CHICKEN BURRITO</b> - Chicken breast, basmati rice, black beans, avocado, mayo, lettuce, tomato. Cals 593   carbs 58g   pro 26g   fat 36g (GF)	£7.99
<b>BEEF BURRITO</b> - Mince beef, basmati rice, black beans, avocado, mayo, lettuce, tomato. Cals 678   carbs 58g   pro 30g   fat 44g (GF)	£6.99
<b>VEG BURRITO</b> - Mixed peppers, red onion, mushrooms, basmati rice, black beans, hummus. Cals 483   carbs 60g   pro 15g   fat 22g (GF, V, VE)	£5.99
<b>BEETROOT SALAD</b> - Rocket, mixed salad, cooked beetroot, walnuts, honey, goats cheese. Cals 289   carbs 19g   pro 13g   fat 16g (GF)	£7.99
<b>GREEK SALAD</b> - Mixed salad, lettuce, cucumber, tomato, red onion, olives, chicken breast, feta cheese. Cals 471   carbs 29g   pro 13g   fat 16g (GF)	£8.99
<b>TUNA NIÇOISE</b> - Lettuce, mixed leaf, green beans, new potatoes, tuna, boiled egg, cherry tomatoes. Cals 339   carbs 29g   pro 28g   fat 12g (GF)	£7.99
<b>VEG PIZZA</b> - Grated cheese, mixed peppers, red onion, mushrooms, olives, rocket. Cals 984   carbs 92g   pro 41g   fat 35g (GF, V, VE)	£10.99
<b>MEAT FEAST PIZZA</b> - Grated cheese, chicken sausage, chicken breast, pepperoni, rocket. Cals 1204   carbs 92g   pro 73g   fat 43g (GF)	£10.99
<b>HAM AND PINEAPPLE PIZZA</b> - Grated cheese, ham, pineapple, rocket. Cals 1236   carbs 110g   pro 70g   fat 42g (GF)	£10.99
<b>MARGARITA PIZZA</b> - Grated cheese, tomato sauce. Cals 652   carbs 100g   pro 29g   fat 12g (GF)	£9.99

## Stir fry

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Choose a stir fry, add noodles or rice and then choose a delicious sauce

<b>CHICKEN FILLET</b> - Chicken breast (GF)	Cals 661   carbs 54g   pro 54g   fat 14g	£12.99
<b>STEAK STIR FRY</b> - 6oz flat iron steak (GF)	Cals 733   carbs 59g   pro 46g   fat 34g	£13.99
<b>SALMON FILLET</b> - Salmon fillet (GF)	Cals 572   carbs 55g   pro 40g   fat 22g	£13.99
<b>VEGETARIAN</b> - All the veg! (GF, V, VE)	Cals 338   carbs 50g   pro 10g   fat 4g	£7.99

All stir fries served with tender stem brocolli, mangetout, mixed peppers, bean sprouts, spring onions and sesame seeds.

Choose a sauce from: Asian, blackbean, Korean, sweet & sour or satay.