Naked favourites

**£4.45Creamy Coconut Porridge**
With Almond Butter, Banana & Honey.
Pro 12.9g. Fat 14g. Carb 61g. Cal 434kl. GF VG

**£4.95Acai Smoothie Bowl**
Strawberries, Oats, Banana, Peanut Butter & Almond Milk topped with Superfood Granola. *Why not add a scoop of whey to your smoothie for 50p (vegan available)*
Pro 9.7g. Fat 10.6g. Carb 59g. Cal 369kl. GF VG

**£4.95Vegan Breakfast Wrap**
Vegan Sausage, Spinach, Mushrooms & Tomatoes in a wholemeal wrap.
Pro 8.9g. Fat 5.6g. Carb 39.9g. Cal 252kl. VG

**£5.45Poached Eggs & Herby Mushrooms on Toast**
Pro 11.6g. Fat 11.5g. Carb 34g. Cal 289kl V

Add Bacon or Halloumi for £2.50

* Bacon Pro 11.4g. Fat 6.1g. Carb 0.5g. Cal 166kl.
* Halloumi Pro 7g. Fat 7.8g. Carb 0.5g. Cal 99kl.

**£5.95Ezekiel Avocado Toast**
Smashed Avocado with Poached Eggs and Chilli Flakes.
Pro 23.6g. Fat 26.1g. Carb 47.2g. Cal 535kl. V

Add Bacon or Halloumi for £2.50

* Bacon Pro 11.4g. Fat 6.1g. Carb 0.5g. Cal 166kl.
* Halloumi Pro 7g. Fat 7.8g. Carb 0.5g. Cal 99kl.

**£6.95Ezekiel Protein French Toast**
With Grilled Bacon and Maple.
Pro 51.1g. Fat 16.2g. Carb 39.8g. Cal 544kl.

**£6.95Vegan Protein French Toast**
With Clean Chocolate Sauce, Cinnamon & Banana.
Pro 37.1g. Fat 8.3g. Carb 63g. Cal 501kl. VG

**£7Smoked Salmon**
Scrambled Egg & Avocado.
Pro 12.9g. Fat 14g. Carb 61g. Cal 434kl. GF DF V

**£7.95Sweet Potato Stack**
XL Sweet Potato Hash Brown, Grilled Bacon, Lorne Sausage, Poached Egg & Fig Ketchup.
Pro 42.2g. Fat 13.8g. Carb 30.8g. Cal 420kl. GF

**£8Steak & Egg Wrap**
Rump Steak, Egg, Spinach, Mushrooms & Fig Ketchup in a Wholemeal Wrap.
Pro 50.4g. Fat 26.9g. Carb 28.3g. Cal 569kl.

**£9Naked Veggie Breakfast**
Sausages, Sweet Potato Hash Brown, Clean Beans, Spinach, Tomatoes, Mushroom, Poached Eggs & Ezekiel Toast.
Pro 28.2g. Fat 19g. Carb 55.7g. Cal 504kl. V

**£9Naked Vegan Breakfast**
Sausage, Sweet Potato Hash, Clean Beans, Spinach, Tomatoes, Mushrooms, Half Avocado & Ezekiel Toast.
Pro 26g. Fat 18.7g. Carb 54g. Cal 484kl. VG

**£10Naked Meat Breakfast**
Lorne Sausage, Grilled Bacon, Sweet Potato Hash Brown, Clean Beans, Spinach, Tomatoes, Mushrooms, Poached Eggs & Ezekiel Toast. *Everything GF except Ezekiel toast, please ask to swap to GF toast when ordering if required.*
Pro 51.4g. Fat 32g. Carb 46.5g. Cal 674kl.

Omelettes

**£6.95Made with 4 organic eggs and your choice of any 3 filings.**
Pro 22.1g. Fat 16.7g. Carb 1.3g. Cal 252kl. GF

Choose From:

* Smoked Salmon Pro 11g. Fat 2.6g. Cal 70kl.
* Feta Pro 5.7g. Fat 8.5g. Carb 1.6g. Cal 106kl.
* Spinach & Kale Pro 1.4g. Fat 0.2g. Carb 1.8g. Cal 14kl.
* Chicken Pro 11.5g. Fat 0.6g. Cal 55kl.
* Bacon Pro 9g. Fat 4.5g. Cal 75kl.
* Mushroom Pro 1.5g. Fat 0.2g. Carb 1.6g. Cal 11kl.
* Onions & Peppers Pro 0.5g. Fat 0.1g. Carb 5.1g. Cal 21kl.
* Fresh Chilli

Protein Pancake

**£4.95With any 2 toppings**
Pro 35.5g. Fat 11.4g. Carb 29.9g. Cal 351kl.

Choose From:

* Clean Chocolate Sauce Fat 8g. Cal 69kl.
* Banana Pro 1.3g. Fat 0.4g. Carb 27g. Cal 105kl.
* Nut Butter Pro 5g. Fat 10.1g. Carb 3.9g. Cal 117kl.
* Maple Fat 0.1g. Carb 20.1g. Cal 78kl.
* Bacon Pro 9g. Fat 4.5g. Cal 75kl.

Extra protein double up for only £2.00

##### Naked Breakfast Sides

**£2Ezekiel Toast & Butter**
Pro 11.8g. Fat 4.9g. Carb 38g. Cal 274kl.

**£1.50Half Avocado**
Pro 2.2g. Fat 14g. Carb 8.6g. Cal 161kl.

**£3Steamed Greens with Chilli & Garlic Oil**
Pro 4.3g. Fat 0.7g. Carb 15.6g. Cal 72kl.