

CAFE790

BREAKFAST MENU

Available daily untill 2:00pm

STRIVE'S BREKKIE £10.⁹⁵

Grilled bacon, sausage, poached, fried or scrambled eggs, mushrooms, hash browns, baked beans, toast and coffee *or* tea

971 kcal, Protein 56g, Carbs 50g

BREAKFAST WRAP ^V £8.²⁵

Fried egg, fresh tomato, avocado, mushroom, Strive's mixed salad and lime-harissa mayo served in a turmeric wrap

448 kcal, Protein 28g, Carbs 33g

PROTEIN BREKKIE £9.⁹⁵

Spinach with Feta, Moroccan scrambled egg and avocado with sourdough & protein seeds

640 kcal, Protein 39g, Carbs 70g

CHILLI SMOKED BLT £6.⁴⁵

Chilli smoked bacon, homemade brown sauce, tomato and gem lettuce served on a Bap roll or Brioche bun

+ Fried Egg £0.⁹⁵

504 kcal, Protein 20g, Carbs 64g

BACON & EGGS BENEDICT £9.⁹⁵

Toasted muffin, bacon, poached eggs and hollandaise sauce

733 kcal, Protein 30g, Carbs 35g

STRIVE'S VEGGIE BREKKIE ^V £10.⁹⁵

Vegan sausage, poached, fried or scrambled eggs, mushrooms, grilled tomatoes, hash browns, baked beans and toast

667 kcal, Protein 43g, Carbs 48g

AVO-SALMON SOURDOUGH ^{DF} £10.⁹⁵

Sourdough, smoked salmon, smashed avocado, poached egg, pickled radish, Himalayan salt, chilli snow and STRIVE's protein seeds (*Available with GF bread*)

557 kcal, Protein 36g, Carbs 48g

VANILLA PANCAKES ^{V DF} £7.⁹⁵

STRIVE's vanilla protein pancakes with maple syrup, fresh berries and berry compote

619 kcal, Protein 19g, Carbs 93g

BANANA PANCAKES ^{V DF} £7.⁹⁵

STRIVE's banana protein pancakes with walnuts, fresh banana, peanut butter, blueberries and caramel sauce

621 kcal, Protein 20g, Carbs 91g

EGGS FLORENTINE £8.⁹⁵

Toasted muffin, spinach, poached eggs and hollandaise sauce

902 kcal, Protein 26g, Carbs 28g

WARM PORRIDGE ^{V DF GF} £4.⁹⁵

445 kcal, Protein 13g, Carbs 73g

Homemade granola

115 kcal, Protein 2.4, Carbs 15g

Berry compote

75 kcal, Protein 0.5g, Carbs 18g

Maple syrup

39 kcal, Protein 9.7g

Mixed nut, banana chips and cinnamon

239 kcal, Protein 4.1g, Carbs 9.7g

V = VEGETARIAN **DF** = DAIRY FREE
VG = VEGAN **GF** = GLUTEN FREE

if you suffer from nut or any other allergy, allergen menus are available on request. our fresh eggs are all Free-Range. All our dishes are prepared in kitchen where nuts, flour, etc are commonly used and we therefore cannot guarantee our dishes will be free from traces of these produce. Fish and meat dishes may contain bones, and all the dishes contain items not mentioned in description.

STRIVE
HEALTH CLUB



CAFE790

LUNCH

Served Daily from 12PM

CREOLE CHICKEN BURGER £14.⁰⁰

Cajun spiced grilled chicken breast, chorizo jam, garlic-mayo, tomato and lettuce in a brioche bun served with chunky chips

760 kcal, Protein 34g, Carbs 96g

STRIVE'S ULTIMATE BEEF BURGER £14.⁹⁵

8oz Jersey Beef burger with lettuce, sriracha-mayo, bacon, Cheddar cheese in a brioche bun served with chunky chips

1304 kcal, Protein 53g, Carbs 103g

CHICKEN SCHNITZEL WRAP £12.⁵⁰

Red cabbage slaw, Red Leicester cheese and lettuce served with salad and chunky chips

541 kcal, Protein 62g, Carbs 32g

STRIVE SUPERFOOD SALAD £10.⁹⁵

Mixed leaves, green beans, pine nuts, sauteed mushroom, parmesan, avocado and croutons

385 kcal, Protein 11g, Carbs 46g

Includes a dressing

Pesto / Blue Cheese / Sweet & Soy

Extras

Cayenne Chicken £3.⁵⁰

Tempura Prawns £4.⁵⁰

Halloumi £2.⁵⁰

SUSHI RICE BOWL ^{V DF GF}

Grilled veg, spinach, mushrooms and chilli flakes

760 kcal, Protein 20g, Carbs 155

£11.⁵⁰

EXTRAS

Cayenne chicken £3.⁵⁰

Grilled halloumi ^V £2.⁵⁰

Garlic & sesame prawns £4.⁵⁰

ON THE RUN

Straight from the fridge!

SNACK POTS

CARROT & HUMMUS ^{VG DF GF} £2.⁹⁰

Sweet chilli hummus, carrot batons

374 kcal, Protein 8g, Carbs 24g

BETROOT BROWNIE ^{GF} £3.⁸⁰

Beetroot, raw cocoa

652 kcal, Protein 7g, Carbs 72g

OVERNIGHT OATS ^{V GF} £3.⁵⁰

GF oats, STRIVE's chocolate protein powder, peanut butter, cocoa nibs, agave, almond milk

208 kcal, Protein 12g, Carbs 23g

FRESH FRUIT ^{VG DF GF} £3.⁵⁰

Watermelon, honeydew melon, pineapple, berries, grapes

93 kcal, Protein 1g, Carbs 19g

BANANA PROTEIN CAKE ^{DF} £4.²⁵

Vanilla icing, candied nuts, Strive's vanilla protein powder

343 kcal, Protein 9g, Carbs 39g

FRIES

Chunky Chips £3.⁰⁰

Spicy Chunky Chips £3.¹⁰

Plain Skin-on sweet potato fries £3.⁵⁰

Spicy Skin-on sweet potato fries £3.⁶⁰

Chunky and POSH £3.⁸⁵

CHILDREN'S PARTIES AT STRIVE'S CAFE790

- 1hr Football Pitch Hire
- Mini Burgers / Chicken Goujons, Chips, Ice Cream
- Unlimited Soft Drink
- Tea & Coffee for Accompanying Adults

£14.95pp

Minimum of 12 people

To Book or for More Information

Call 01534 288 990

Email hello@strive.je