



Where healthy eating is the name of the game

Breakfast Menu

Served Until Noon Daily

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|   | Super Muesli
Packed with oats, barley, raisins, cinnamon, mixed nuts and pumpkin seeds. Topped with a choice of milk, low fat yoghurt, bananas, strawberries or blueberries. | £3.50 |
|  | Fresh Fruit Salad
A healthy bowl of chopped apple, orange, pineapple, grapes, melon and kiwi. | £3.50 |
|  | Baked Beans on Toast
A true tasty classic. | £3.50 |
|   | Porridge
Served with either honey or one of these delicious fruit purées: wild blueberry, wild blackberry, white peach, strawberry or raspberry. | £3.50 |
| | Breakfast Sandwich
Generous amounts of grilled, lean bacon with a poached egg on toast. | £4.50 |
| | Full English Breakfast
Done the healthy way with lean bacon, poached or scrambled egg, beans with mushrooms and toast to top it off. | £6.50 |

All breakfasts are served with a choice of tea or filter coffee.



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With my job, I have to keep fit and, having 2 young kids of my own, I know how difficult it can be to find a good family restaurant where we can relax, enjoy our food and have a choice of healthy options. Our menu has been created with this in mind. We have focused on fresh healthy food with lower fat, sugar and salt options wherever possible.

Jamie Carragher

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Smoothies

Strawberry Striker

Strawberries, pineapple, banana, orange juice
And low fat yoghurt

£3.25

True Blueberry

Blueberries, raspberries, banana, apple juice
And low fat yoghurt

£3.25

Royal Raspberry

Raspberries, mango, banana, orange juice
And low fat yoghurt

£3.25

Jamaican 6

Mango, pineapple, banana, orange juice
And low fat yoghurt

£3.25

Sprint Finish

Pineapple, mango and orange juice

£3.25

For general enquiries, bookings and private functions please Tel: 0151 706 7440
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www.cafesportsengland.com

We accept all major credit cards. Our prices include VAT at the current rate.