

SIDES.

ALL £3.50

Kcal 184 Creamy Herb & Potato Salad 🍴

C - 24g F - 5.7g P - 2.8g

Kcal 106 Homemade Sweet Potato Wedges

C - 15.9g F - 4.1g P - 1.6g

Kcal 131 Herbed Crushed Potato (Vegan Butter)

C - 36g F - 7.5g P - 27.4g

Kcal 128 Garlic & Herb Roasted New Potatoes

C - 27g F - 2g P - 3g

Kcal 148 Smoked Paprika & Red Pepper Couscous

C - 27g F - 1.5g P - 5.3g 🍴

Kcal 146 Lemon & Parsley Cous Cous

C - 27g F - 1.5g P - 5.3g 🍴

Kcal 187 Spicy Rice & Peas

C - 31g F - 3g P - 5.3g 🍴

87 Kcal Your 5 A DAY £4.95

(Broccoli, Asparagus, Cauliflower, Cherry Toms, Garlic Mushrooms)

C - 36g F - 2.2g P - 5.6g

Kcal 70 Corn on The Cob

C - 14g F - 1.4g P - 2.5g

Kcal 49 Fresh Broccoli Florettes

C - 2g F - 0g P - 3.3g

Kcal 77 Garlic Mushrooms

C - 8.3g F - 4g P - 3.2g

Kcal 77 Roasted Cauliflower

with Beetroot Hummus 🍴 🌱

C - 7g F - 4.4g P - 3g

PROTEIN SHAKES.

ALL £3.95

Kcal 636 Noaty One 🍴 🌱 🌱 🌱

Soya Milk, Reeses Chocolate, Peanut Butter,

Oats & Vanilla Protein

C - 61.7g F - 25.4g P - 63g

Kcal 602 Granola Berry 🍴 🌱

Soya Milk, Mix Berries, Granola Crumb

& Vanilla Protein.

C - 68.1g F - 16.1g P - 56.2g

Kcal 252 Vanilla Bounty

Coconut Milk, Coconut Flakes & Vanilla Protein.

C - 23.1g F - 6.5g P - 26.5g

Kcal 356 Lotus Biscoff 🍴 🌱 🌱

Semi Skimmed Milk, Lotus Biscoff Biscuit,

Biscoff Spread & Vanilla Protein

C - 21.5g F - 13.4g P - 38.7g

SMOOTHIES.

ALL £3.95

Kcal 267 Hulk

Apple Juice, Blueberries, Kale, Strawberries, Banana & Chia Seeds.

C - 48.1g F - 2.1g P - 5.1g

Kcal 229 Berry Clean

Pineapple Juice, Mix Berries, Pineapple & Chia Seeds

C - 41.8g F - 2.2g P - 4.6g

Kcal 382 Energise

Soya Milk, Mix Berries & Oats

C - 76.7g F - 13.2g P - 30.2g



COFFEES.

Espresso £2.50

Flat White £2.70

Americano White /

Black £2.70

Latte £2.95

Cappuccino £2.95

Mocha £3.25

Caramel Latte £3.25

Vanilla Latte £3.25

Hazelnut Latte £3.25



Flavoured Lattes available as Iced Lattes (£3.00)

DRINKS.

SOFT DRINKS

Coke Zero £1.50

Still Water £1.50

Orange Juice £2.20

Zesty Lemon & Lime £1.50

Sparkling Water £1.50

Apple Juice £2.20

TEAS.

ALL £2.50

ENGLISH

GREEN

PEPPERMINT

EARL GREY

LEMON & GINGER

*All dishes served cold other than the steak seabass salmon. All Calorie counts and information is estimated.

EAT CLEAN 🌱 · 8 PARK AVENUE · WHITLEY BAY NE26 1DG