

C L E A N
C U T

K I T C H E N

HEALTHY FAST FOOD IS HERE.
FRESH TASTY NUTRITIONAL FOOD, PASSIONATELY PREPARED BY OUR
EXPERT CHEFS.

BEING GOOD DOESN'T HAVE TO BE A COMPROMISE, EATING HEALTHY NO
LONGER NEEDS TO BE BLAND OR BORING.
THIS IS COMFORT FOOD REDEFINED.

THIS IS THE CLEAN CUT KITCHEN.

//ALL DAY BREAKFAST WRAP

CHICKEN SAUSAGE, SCRAMBLED EGG WHITES,
MUSHROOMS & SPICY TOMATO SAUCE SERVED IN
A WHOLEMEAL WRAP.

HP CAL: 476 CARBS: 40G FAT: 16G PROTEIN: 42G

£4.50

//BETTER BREAKFAST BAGEL

WHOLEGRAIN BAGEL & A CHOICE OF 2 FILLINGS:
BACON MEDALLION, MUSHROOMS, CHICKEN
SAUSAGES, TOMATO, MUSHROOM, CLEAN BEANS.

HP CAL: 392 CARBS: 60G FAT: 13G PROTEIN: 41G

£3.95

//3 WHOLE EGG OR EGG WHITE OMELETTE

WITH A CHOICE OF TWO FILLINGS: MUSHROOMS,
SMOKED SALMON, BACON, LOW FAT CHEDDAR.
SERVED ON A BED OF SPINACH.

V HP LC CAL: 240 CARBS: 1.8G FAT: 15G PROTEIN: 18G

£4.25

//NUTTY BREAKFAST

WHOLEMEAL RYE BREAD, PEANUT BUTTER,
CHOPPED WALNUTS, BANANA & HONEY/ AGAVA.

V HP CAL: 477 CARBS: 45G FAT: 29G PROTEIN: 15G

£3.95

//BREAKFAST SMOOTHIE BOWL - 3 CHOICES

- CHOCOLATE, BANANA & PEANUT BUTTER
- BERRY & BANANA
- MANGO, PINEAPPLE & BANANA

V VG

£4.25

BREAKFAST



//LEAN & CLEAN FULL ENGLISH

100% CHICKEN SAUSAGES, BACON
MEDALLIONS, POACHED EGG, FIELD MUSHROOMS,
VINE TOMATO, SWEET POTATO HASH BROWN &
HOMEMADE BEANS IN TOMATO SAUCE.

GF HP LC CAL: 557 CARBS: 17G FAT: 34G PROTEIN: 42G

£6.95

//VEGGIE GRILL

SWEET POTATO HASH BROWN, SPINACH, QUORN
SAUSAGES, MUSHROOMS, BAKED CLEAN BEANS,
AVOCADO SMASH, RYE BREAD TOAST.

V CAL: 581 CARBS: 57G FAT: 32G PROTEIN: 22G

£6.75

//SALMON, AVOCADO & EGGS

SMASHED AVOCADO, SMOKED SALMON & POACHED
EGG ON A SWEET POTATO HASH BROWN, SPINACH.

LC CAL: 229 CARBS: 7G FAT: 17G PROTEIN: 14G

£6.95

//NUTTY GRANOLA

ROLLED OATS, MIXED SEEDS & DRIED FRUITS.

VG CAL: 446 CARBS: 71G FAT: 17G PROTEIN: 11G

£2.50

//PROTEIN OATS

PORRIDGE OATS & SUMMER BERRY COMPOTE
SERVED WITH CHOICE OF COCONUT, OAT OR
ALMOND MILK WITH A SCOOP OF WHEY OR VEGAN
PROTEIN POWDER.

V VG HP CAL: 405 CARBS: 51G FAT: 10G PROTEIN: 29G

£3.75

//PROTEIN WAFFLE

HOMEMADE PROTEIN WAFFLES WITH HONEY,
QUARK & BERRIES. ADD ALMONDS £0.75 EXTRA.

V HP CAL: 534 CARBS: 82G FAT: 10G PROTEIN: 29G

£3.50



Vegetarian



Vegan



Gluten Free



Low Carb



High Protein

IF YOU HAVE A FOOD ALLERGY OR DIETARY NEEDS PLEASE SEE A MEMBER OF STAFF.
MACRO INFORMATION IS BASED ON AVERAGE VALUES.

TEAM CLEAN FAVOURITES

//TURKEY MEAT BALLS

LEAN TURKEY MEATBALLS WITH PINE NUT & CURRANTS SERVED IN HOMEMADE CLEAN ARRIABIATA SAUCE, SPIRALISED COURGETTE & SESAME SEED CRUMB.

HP GF CAL: 490 CARBS: 33G FAT: 32G PROTEIN: 23G

£6.00

//SWEET POTATO & STEAK MINCE COTTAGE PIE

5% FAT, LEAN STEAK MINCE WITH A SWEET POTATO MASH TOPPING, SERVED WITH GREEN BEANS & SUGAR SNAP PEAS.

HP GF CAL: 309 CARBS: 42G FAT: 5G PROTEIN: 25G

£6.75

//TOFU KEBABS

GREEK MARINATED TOFU WITH CAULIFLOWER COUS-COUS, POMEGRANATE & ALMOND DRESSING.

V VG LC CAL: 334 CARBS: 19G FAT: 24G PROTEIN: 15G

£5.75

//FIT FISH & CHIPS

LINE CAUGHT, LEAN HADDOCK FILLET, SWEET POTATO FRIES, LOW FAT TARTAR SAUCE & CRUSHED MINTED PEA & EDAMAME BEANS.

HP CAL: 366 CARBS: 36G FAT: 22G PROTEIN: 22G

£8.25

BURGERS - £6.50

GO
DOUBLE
FOR
£2.00!

ALL BURGERS SERVED IN SWEET POTATO WAFFLES OR WHOLE GRAIN BURGER BUN WITH BABY GEM LETTUCE AND TOMATO.

//LEAN BEEF BURGER

WITH SPICY TOMATO SAUCE & GHERKINS.

GF HP CAL: 363 CARBS: 30G FAT: 12G PROTEIN: 33G

//TURKEY & COURGETTE BURGER

WITH MOROCCAN SPICES & MINT YOGHURT.

GF HP CAL: 355 CARBS: 37G FAT: 9G PROTEIN: 32

// CHICKPEA, SOY BEAN & BEETROOT BURGER

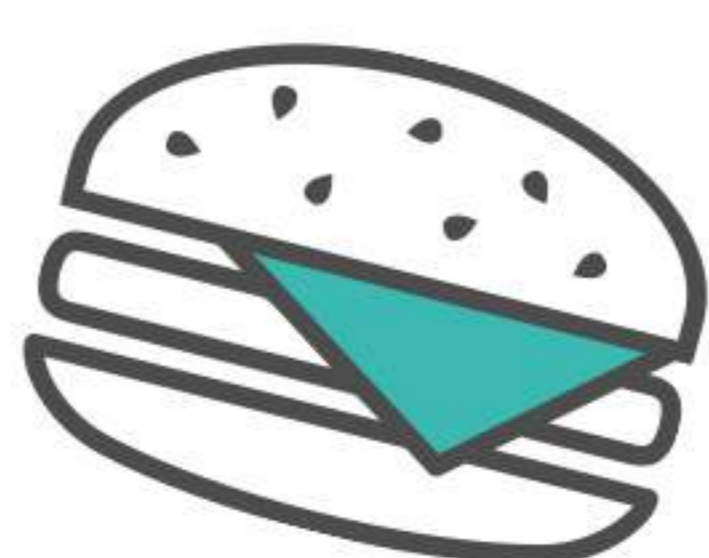
WITH TAHINI DRESSING.

GF V VG CAL: 388 CARBS: 64G FAT: 8G PROTEIN: 18G

//SPICED HALLOUMI BURGER

WITH CLEAN VEGETABLE SLAW.

GF V HP CAL: 366 CARBS: 36G FAT: 22G PROTEIN: 22G



WHOLEMEAL WRAPS - £4.50

//TUNA & AVOCADO

TUNA, SMASHED AVOCADO, ICEBERG LETTUCE, CHILLI, LIME, CORIANDER WITH LOW FAT YOGHURT

HP CAL: 299 CARBS: 34G FAT: 8G PROTEIN: 21G



//PIRI PIRI CHICKEN

PIRI PIRI CHICKEN, RED PEPPERS & SWEET POTATO PUREE.

HP CAL: 372 CARBS: 39G FAT: 5G PROTEIN: 40G

//VEGETABLE FALAFEL

CHICKPEA, SOY BEAN & BEETROOT FALAFEL, ICEBERG LETTUCE, SPRING ONIONS & TAHINI DRESSING **(VG)**

V VG CAL: 352 CARBS: 61G FAT: 6G PROTEIN: 18G

SALADS - £6.50

//SUPER BOWL SALAD

QUINOA, BROCCOLI, POMEGRANATE, SWEET POTATO, BEETROOT, ROCKET, SPINACH & SUNFLOWER SEEDS WITH CRUSHED NUTS, SERVED WITH CHOICE OF SAUCE.

HP LC CAL: 483 CARBS: 71G FAT: 16.8G PROTEIN: 16G

WITH CHICKEN - £7.50

CAL: 247 CARBS: 0G FATS: 5.3G PROTEIN: 33G

WITH HALLOUMI - £7.50

CAL: 316 CARBS: 2G FAT: 24G PROTEIN: 22G

WITH KING PRAWNS - £8.00

CAL: 66 CARBS: 1G FATS: 0.5G PROTEIN: 14G



SIDES

SWEET POTATO MASH - £2.00

CLEAN SLAW - £1.80

SPICY BROWN RICE - £1.80

LOW FAT HUMMUS - £1.00

SWEET POTATO FRIES - £2.75

BAKED CLEAN BEANS - £1.25

ROCKET, PARMESAN & POMEGRANATE SALAD - £3.00

BROCCOLI & FLAKED ALMONDS - £1.75

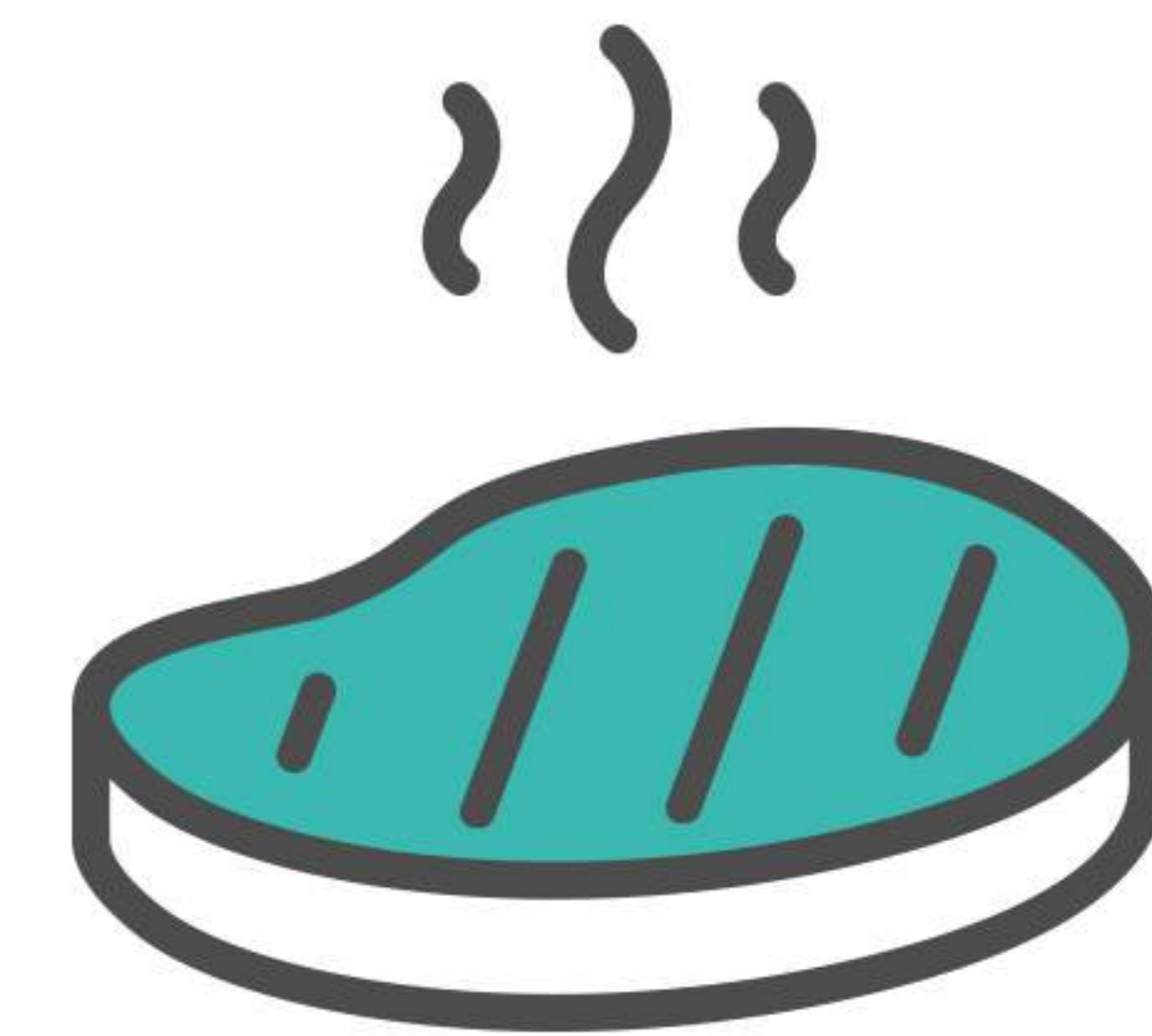
CLEAN LIVING PROTEIN BOXES

REG £7.00 / LRG £9.00

STEP 1

//CHOOSE YOUR PROTEIN.

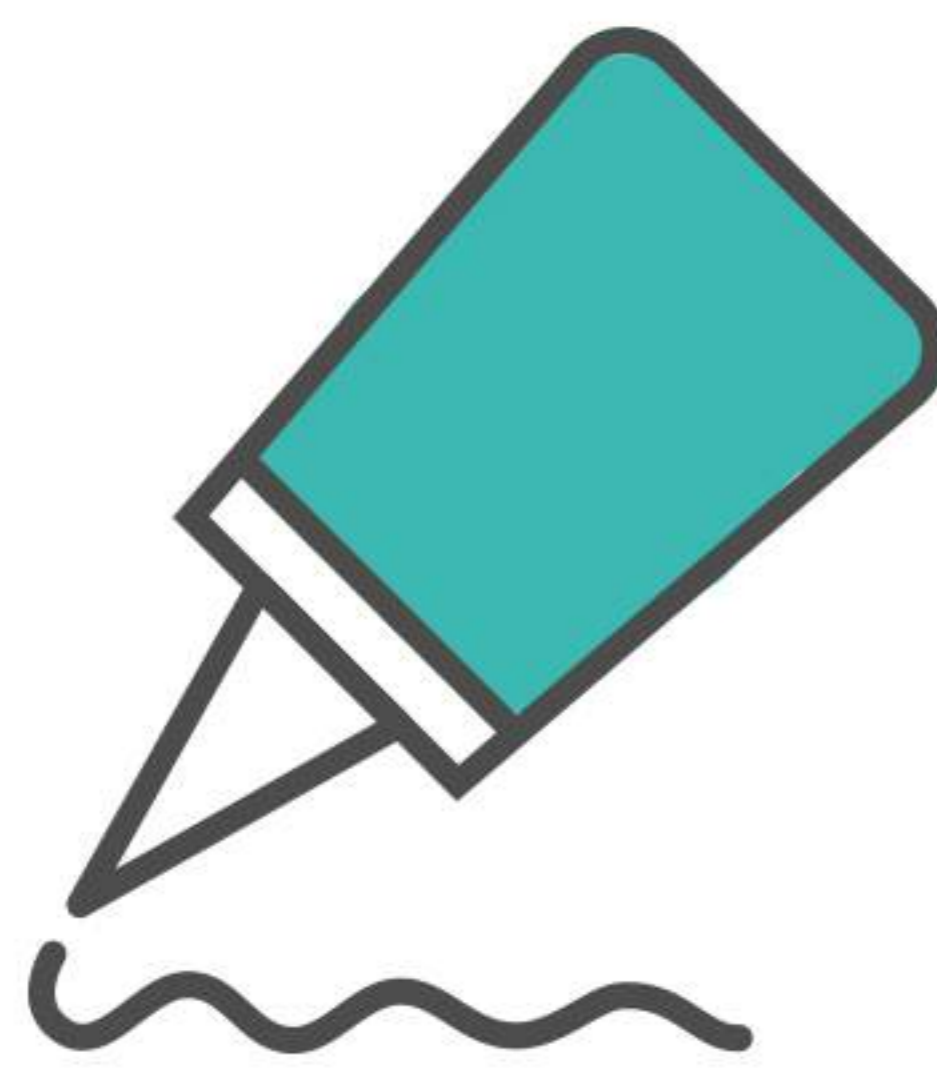
CHICKEN BREAST
POACHED SALMON (ADD £1.00)
GRILLED TOFU
SPICED HALLOUMI
GRILLED STEAK (ADD £0.50)
BEETROOT AND CHICKPEA FALAFEL



STEP 2

//CHOOSE YOUR BASE.

SPICY BROWN RICE
SWEET POTATO MASH
TRICOLOUR QUINOA
GIANT COUSCOUS
GF PROTEIN NOODLES (ADD £1.00)
GF PEA PASTA (ADD £1.00)
WHOLEWHEAT PASTA



STEP 3

//GET SAUCY.

PEANUT DRESSING
BBQ SAUCE
SPICY TOMATO SAUCE
TAHINI DRESSING
LIGHT SWEET CHILLI SAUCE
MINT YOGHURT
PIRI PIRI
HARISSA (HOT)



STEP 4

//FIVE A DAY & MORE.

FILL YOUR BOX FROM A WIDE SELECTION OF SEASONAL FRESH VEG/SALAD/FRUIT/NUTS. CHOOSE FROM THE COUNTER OR ASK FOR A BIT OF EVERYTHING.

ALL OF OUR FRESH PRODUCE IS SEASONAL AND SOURCED LOCALLY.

HP PROTEIN BOOSTS

BOILED EGG - £0.75P
HALLOUMI SLICE - £1.00
KING PRAWN SKEWER - £2.95
SATAY CHICKEN SKEWER - £2.95

FOR MACRO INFORMATION ASK A MEMBER OF STAFF.

CLEAN JUICE - £3.35

//PAIN KILLER

PINEAPPLE, CELERY, CARROT, GINGER
FRESH TURMERIC, KIWI, APPLE, COCONUT WATER.

//VITAMIN LEVELS

ORANGE, CARROT, GINGER AND FRESH LEMON.

SMOOTHIES - £3.70

//SKIN ELIXIR

AVOCADO, CUCUMBER, SPINACH, MINT, PINEAPPLE,
WHEATGRASS, COCONUT WATER, LIME.

//DETOX

STRAWBERRIES, BEETROOT, APPLE, KIWI, LIME, AGAVE,
WATER.

//ENERGISER

MANGO, BANANA, PINEAPPLE, BLUEBERRIES, MACA,
COCONUT WATER, GLUTAMINE.

//RECOVERY

BANANA, STRAWBERRY, ACAI, CHIA SEEDS, GREEK
YOGHURT, AGAVE, CINNAMON, ALMOND MILK

//BERRY SKINNY

STRAWBERRY, RASPBERRY, CRANBERRY, BLUEBERRY,
ACAI.

CHEAT CLEAN

//PROTEIN DONUTS

- CHOCOLATE
CAL: 155 CARBS: 15 FAT: 8 PROTEIN: 10G
- PEANUT BUTTER
CAL: 279 CARBS: 31G FAT: 12G PROTEIN: 11G
- STRAWBERRY CREAM
CAL: 86 CARBS: 11G FAT: 1G PROTEIN: 9G



£1.80 / 4 FOR £5.00

PROTEIN BALLS - £1.50

CAL: 150 CARBS: 12G FAT: 9G PROTEIN: 7G

PROTEIN BROWNIE - £2.50

CAL: 274 CARBS: 24G FAT: 17G PROTEIN: 20G

WHEY PROTEIN YOGHURT & BERRIES - £1.75

CAL: 127 CARBS: 15 FAT: 1 PROTEIN: 25G

SEE COUNTER FOR MORE GUILT FREE TREATS.

PROTEIN SHAKES - £3.90

//LEANER PINA COLADA

COCONUT MILK, PINEAPPLE, COCONUT, BANANA, FAT
FREE YOGHURT, VANILLA PROTEIN.

//PEANUT & JELLY

STRAWBERRY, RASPBERRY, PEANUT BUTTER, PRUNES,
BANANA, ALMOND MILK, AGAVE, VANILLA PROTEIN

//PECAN PIE

PECANS, LOW FAT DIGESTIVES, QUARK, NATURAL
MAPLE, AVOCADO, CHOCOLATE PROTEIN



//PROTEIN BOOSTER

BANANA, PEANUT BUTTER, QUARK, FLAXSEED, HONEY,
ALMOND MILK, VANILLA PROTEIN

BLENDING DRINK MACRO INFO AVAILABLE IN STORE.

HOT DRINKS BY



ESPRESSO - £1.90
LONG BLACK - £2.50
MACCHIATO - £2.60
FLAT WHITE - £2.70
LATTE - £2.90

CAPPUCCINO - £2.90
BULLET PROOF COFFEE - £3.75
HOT CHOCOLATE 70% COCO - £2.90
MOCHA 70% COCO - £2.95
MATCHA LATTE - £3.20

TURMERIC LATTE - £3.20
ICED COFFEE - £2.80
ICED TEA - £2.60
TEA: BREAKFAST, EARL GREY, GREEN, JASMINE,
LEMONGRASS & GINGER, FRESH MINT. - £1.80

