BREAKFAST MENU NUTRITIONAL INFORMATION

This nutritional information is provided for guidance only based upon a typical sizes and weights.

BREAKFAST	Vegetarian options	Vegan options	Gluten Free	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
TOAST							
White toast per slice (no spread)	√	√		110	3	21	1
Granary toast per slice (no spread)	√	√		118	4	20	1
Sourdough toast per slice	√	√		110	4	21	1
White Genius gluten free per slice	√		√	98	1	17	2
Butter portion 2 x 40g	√		√	296	2	1	32
Flora margarine per portion 10g	√	√	√	54	0	0	6
Strawberry jam	√	√	√	50	0	12	0
Raspberry jam	√	√	√	50	0	12	0
Blackcurrant jam	√	√	√	50	0	12	0
Marmalade	√	√	√	60	0	14	0
Peanut butter	√	√	√	267	10	2	23
Honey	√		√	82	0	8	0
Nutella	√		√	82	1	8	4
Grenade protein spread	√		√	208	8	14	15
BREAKFAST SANDWICHES WITH FLORA							
Sausage sandwich with white bread				551	37	34	50
Bacon sandwich with white bread				430	18	17	43
Egg sandwich with white bread	√			370	13	18	44
Linda McCartney sausage sandwich with white bread	√	√		371	8	22	49
Sausage sandwich with granary bread				546	36	36	48
Bacon sandwich with granary bread				426	17	19	41
Egg sandwich with granary bread	√			366	12	20	42
Linda McCartney sausage sandwich with granary bread	√	√		367	7	24	47
Sausage sandwich with sourdough bread				550	37	36	50
Bacon sandwich with sourdough bread				430	18	18	43
Egg sandwich with sourdough bread	√			370	13	20	44
Linda McCartney sausage sandwich with sourdough bread	√	√		371	8	24	49
Sausage sandwich with Genius bread				526	39	29	42
Bacon sandwich with Genius bread			√	406	20	12	35
Egg sandwich with Genius bread	√		√	346	15	13	36
Linda McCartney sausage sandwich with Genius bread	√			347	10	17	41

BREAKFAST	Vegetarian options	Vegan options	Gluten Free	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
EGGS FLORENTINE							
Eggs Florentine	√			441	24	32	13
Eggs Florentine - Smoked salmon				547	38	33	18
Eggs Florentine - Ham				481	29	34	14
Avocado & poached egg on sourdough toast	√			724	27	69	36
Avocado & poached egg on gluten free toast	√		√	590	16	40	37
Granola	√			528	46	38	15
Avenue breakfast				1082	52	66	72
Avenue 'light' breakfast				828	43	60	50
Avenue veggie breakfast	√			920	43	85	44
PORRIDGE							
Porridge with skimmed milk	√			514	24	80	8
Porridge with semi-skimmed milk	√			574	25	79	15
Porridge with soya milk	√	√		542	24	70	15
Porridge with almond milk	√	√		470	13	70	12
add honey	√	√	√	120	0	30	0
add jam	√	√	√	107	0	26	0
add protein powder	√			167	24	9	4
SOMETHING ON TOAST - White							
Two free range eggs	√			277	15	23	14
Scrambled free range egg (3 eggs)	√			495	22	24	35
Heinz baked beans	√	√		293	12	46	4
Plum tomatoes	√	√		199	7	31	4
SOMETHING ON TOAST - Granary							
Two free range eggs	√			275	16	22	13
Scrambled free range egg (3 eggs)	√			493	23	23	34
Heinz baked beans	√	√		291	13	45	4
Plum tomatoes	√	√		197	8	30	3
BUTTERMILK PANCAKES							
Pancakes with honey and Greek yogurt	√			812	100	36	34
Pancakes with Nutella	√			816	101	22	40
Pancakes with streaky bacon & maple syrup				986	118	27	50
add protein powder scoop	√			167	24	9	4

BREAKFAST	Vegetarian options	Vegan options	Gluten Free	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
EXTRAS							
Avocado	√	√	√	250	3	3	23
1/2 avocado	√	√	√	125	1	1	11
Heinz baked beans 100g	√	√	√	74	4	11	1
free range egg	√		√	66	6	0	5
Grilled confit tomato 1/2	√	√	√	9	0	1	1
Flat mushroom	√	√	√	27	3	1	1
Spinach 75g	√	√	√	29	2	2	2
Grilled bacon			√	66	3	1	5
Smoked salmon 60g			√	106	13	1	4
Pork and leek sausage				392	16	6	33
Grilled halloumi 90g	√		√	482	27	1	40
Linda McCartney sausage	√	√		70	8	3	2

BUILD – YOUR – OWN – OMELETTE	Vegetarian option	Gluten Free	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
1 whole egg omelette	√	√	358	19	3	31
1 egg white	√	√	17	3	1	1
Cheddar cheese	√	√	12	1	0	1
Goats cheese	√	√	47	3	0	3
Mozzarella	√	√	43	3	1	3
Streaky bacon		√	156	12	0	12
Garden peas	√	√	28	1	4	0
Mixed peppers	√	√	6	1	1	0
Pork and leek sausage			180	14	4	17
Tomato	√	√	3	0	1	1
Flat mushroom	√	√	13	1	1	1
Ham		√	23	1	1	1
Red onion	√	√	8	1	0	0
Spinach	√	√	0	0	1	0
SIDES						
½ avocado	√	√	125	1	1	11
Grilled chicken breast		√	171	32	0	3
Steak strips		√	139	27	0	3
Heinz baked beans	√	√	37	2	5	1
Harissa chicken breast		√	298	28	14	14
Mixed side salad	√	√	69	11	3	1
Triple cooked chips	√	√	226	4	36	8
Sweet potato fries	√	√	342	5	45	12
Pomme frites	√	√	288	3	46	8

BUILD – YOUR – OWN – SALAD	Vegetarian	Vegan	Gluten Free	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
Gem lettuce	√	√	√	**5**	**0**	**0**	**0**
Land cress	√	√	√	3	0	0	0
Rocket	√	√	√	5	0	0	0
Kale	√	√	√	9	0	1	0.2
Mixed leaf salad	√	√	√	14	0	2	0.2
Spinach	√	√	√	12	1	1	0
Balsamic vinegar	√	√	√	5	0	0.9	0
Caesar	√		√	250	2	46	272
Basil pesto	√	√	√	199	1	12	20
Olive oil	√	√	√	90	0	0	10
Soy and ginger	√	√	√	24	0	2	0
Anchovies			√	37	6	0	1
Croutons	√	√		144	10	46	2
Quinoa	√	√	√	56	1	10	0.9
Green beans	√	√	√	13	0.7	2	0
Avocado	√	√	√	125	1	1	11
Cucumber	√	√	√	7	0.3	1	0
Red onion	√	√	√	20	4	0.1	0.6
Spring onion	√	√	√	6	0.4	0.8	0
Wild rice	√	√	√	78	5	16	0.2
Blueberries	√	√	√	10	0.5	10	0.2
Roasted pine nuts	√	√	√	134	2	3	13
Sesame seeds	√	√	√	86	3	3	8
Steamed broccoli	√	√	√	5	0.4	1	0
Warm new potatoes	√	√	√	22	0.45	5	0.15
Marinated olives	√	√	√	14	0.1	0.6	1
Sun dried tomatoes	√	√	√	110	2	10	6
Carrot strips	√	√	√	7	0.2	1	0
Mixed peppers	√	√	√	12	0.4	2	0.2
Tomato	√	√	√	6	0.5	1	0
Hard-boiled egg	√		√	70	6	1	5
Fresh prawns			√	111	25	0	0.8
Pan seared tuna steak			√	276	43	0.7	6
Sliced brie	√		√	140	6	0.4	12
Harissa chicken breast				298	28	14	14
Grilled chicken breast			√	171	32	0	3
Salmon fillet			√	255	36	0	11
Warm steak strips			√	139	27	0	3
Goats cheese	√		√	94	6	0	7
Grilled halloumi	√		√	306	16	**3**	25
Fresh mozzarella	√		√	14	1	0	1
Shaved parmesan	√		√	154	12	1	11

DAILY MENU NUTRITIONAL INFORMATIOM

This nutritional information is provided for guidance only based upon a typical portion and should not be relied upon.

DAILY MENU	Vegetarian option	Vegan option	Gluten Free option	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
SHARING PLATES				(per person. Serves 4)	(per person. Serves 4)	(per person. Serves 4)	(per person. Serves 4)
Antipasti platter				227	10	18	12
Avenue nachos	√		√	542	12	46	32
Avenue nachos with chilli con carne			√	612	17	47	36
Avenue nachos with vegetarian chilli	√	√		576	16	48	31
Mixed breads and oil	√			807	20	112	25
Chilli and garlic marinated olives	√	√	√	483	0	4	52
Garlic flatbread	√			694	27	63	37
SALADS, PASTA & MORE							
Avenue super-food salad	√	√	√	473	16	83	11
Avenue Caesar salad	√		√	608	27	106	381
Niçoise	√		√	380	12	36	29
Stir fry	√			884	35	161	34
JACKET POTATOES							
Jacket potato with flora	√	√	√	277	4	39	12
Jacket potato with tuna mayonnaise			√	989	65	40	63
Jacket potato with cheese and beans	√		√	443	14	60	15
Jacket potato with prawn in marie-rose sauce			√	441	39	40	15
Jacket potato with chilli con carnie			√	695	33	49	40
Jacket potato with Linda McCartney vegan chilli con carnie	√	√		483	28	55	15
add grated cheese	√		√	24	1	0	2
SANDWICHES on white bread with tortilla chips and side salad							
Steak and mustard				416	19	21	27
Club				519	46	20	27
Bacon and brie				690	34	26	50
Prawn and crayfish				290	28	20	11
Hummus and roasted pepper	√	√		306	8	37	13
add triple cooked chips	√	√	√	226	4	36	8
add pomme frites	√	√	√	288	3	46	8
add sweet potato fries	√	√	√	342	5	45	12
add granary bloomer	√	√		118	4	20	0.8
add Genius white bread	√		√	110	3	21	1

DAILY MENU	Vegetarian option	Vegan option	Gluten Free option	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
TOASTED PANINIS with tortilla chips							
Tomato, mozzarella and basil	√			396	11	44	19
Ham and cheese				487	21	44	24
Italian salami and mozzarella				641	25	43	40
Tuna melt				630	40	44	32
Harissa chicken breast, mozzarella and mint yoghurt				796	53	47	37
add gluten free panini			√	176	2	34	2
WRAPS							
Plain wrap with Harissa chicken				728	47	62	31
Plain wrap with Bavette steak				807	32	62	48
Plain wrap with halloumi and avocado	√			1164	35	84	79
Plain wrap with red pepper hummus	√	√		560	17	77	20
Spinach wrap with Harissa chicken				726	48	63	31
Spinach wrap with Bavette steak				706	31	60	38
Spinach wrap with halloumi and avocado	√			1162	36	85	79
Spinach wrap with red pepper hummus	√	√		558	18	78	20
Beetroot wrap with Harissa chicken				725	47	61	31
Beetroot wrap with Bavette steak				705	30	58	38
Beetroot wrap with halloumi and avocado	√			1161	35	83	79
Beetroot wrap with red pepper hummus	√	√		557	17	76	20
MAINS							
Smoked haddock fish cakes				1106	63	87	67
Homemade chilli con carnie and rice			√	1033	58	84	55
Linda McCartney vegan chilli con carnie and rice	√	√		751	50	93	21
Sausage and mash				1591	46	71	149
Linda McCartney vegan sausage and mash	√	√		1414	38	72	111
Mushroom and leek pie	√	√	√	626	10	94	21
Cod and chips				480	32	60	13
Honey roasted ham, egg and chips			√	958	7	39	57
Avocado and mozzarella	√			534	17	91	21
Homemade lasagne				1162	60	61	66
House cheeseburger and triple cooked chips				763	37	63	40
Linda McCartney vegan pulled pork style burger	√	√		361	14	77	1
Chicken burger				714	41	59	34
Pesto pasta – no chicken	√			1145	34	138	63
Vegan pesto pasta		√		1131	28	138	56
Tomato and mozzarella filled gnocchi	√						

DAILY MENU	Vegetarian option	Vegan option	Gluten Free option	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
Additions…							
Grilled Harissa chicken breast				298	28	14	14
Plain chicken breast			√	171	32		3
4oz warm steak strips			√	139	27	0	3
Pan seared tuna steak			√	276	43	0.7	6
Pan fried king prawns			√	111	25	0	0.8
Pan fried salmon fillet			√	255	36	0	11
Grilled halloumi	√		√	306	16	2	25
SIDES							
Warm toasted ciabatta roll	√			290	8	55	4
Pomme frites	√	√	√	288	3	46	8
Sweet potato fries	√	√	√	342	5	45	12
Triple cooked chips	√	√	√	226	4	36	8
Tortilla chips with sour cream	√		√	261	2	19	17

CHILDREN'S MENU NUTRITIONAL INFORMATION

CHILDREN'S MENU	Vegetarian option	Vegan option	Gluten-Free	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
Chicken goujons and chips				424	36	51	12
Cod goujons and chips				292	24	35	4
Burger and chips				480	28	52	15
Pesto pasta	√			678	34	78	33
Sausage and mash				927	31	38	83
Lasagne and salad				616	42	36	31
SANDWICHES							
Ham				390	9	53	12
Cheese	√			273	12	35	8
Peanut butter	√	√		257	10	5	20
Nutella	√			305	3	35	16
Strawberry jam	√	√		154	0.5	26	2

DESSERT MENU NUTRITIONAL INFORMATION

DESSERT MENU	Vegetarian option	Vegan option	Gluten Free	Energy (kCal)	Protein (g)	Carbs (g)	Fat (g)
Two scones with cream and jam	√			761	0.6	58	33
Chocolate brownie sundae	√			357	4	55	12
Homemade sticky toffee pudding	√			903	67	114	42
Movenpick strawberry ice cream	√			117	1	18	4
Movenpick chocolate ice cream	√		√	302	4	27	19
Movenpick vanilla ice cream	√		√	128	2	13	7
Chocolate Orange Tart	√	√	√				