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| Chopped Bowls (all NO dressing and mixed leaves, spinach, cos or kale base) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango Chicken Bowl |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |
| Falafel Habibi Bowl | $Y$ | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |
| Berry Well Bowl | $Y$ |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |
| Spring Chicken Bowl |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |
| Protein Power Bowl |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |
| Omega Tuna Bowl |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Nacho Avocado Bowl | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Chopped Bowls (all NO dressing and quinoa-spelt mix base) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango Chicken Bowl |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |
| Falafel Habibi Bowl | $Y$ | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |
| Berry Well Bowl | Y |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |
| Spring Chicken Bowl |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |
| Protein Power Bowl |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |
| Omega Tuna Bowl |  |  |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Nacho Avocado Bowl | Y | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Big-Rolls (all NO dressing and mixed leaves, spinach, cos, kale or quiona-spelt mix base) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango Chicken Roll |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |
| Falafel Habibi Roll | $Y$ | $Y$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |
| Nacho Avocado Roll | $Y$ | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Berry Well Roll | Y |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |
| Protein Power Roll |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |
| Spring Chicken Roll |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |
| Omega Tuna Roll |  |  |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Luna Melts (inc dressing \& sides) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spicy Chicken Tikka |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |
| Feta \& Spinach | Y |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |


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| Tuna \& Sweetcorn |  |  |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |
| Protein Chicken \& Egg |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |
| Falafel \& Sundried Tomato | Y | Y | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |
| Soups - Main |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato \& Basil (80z and 16oz) | Y |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Butternut and Sweet Potato Soup (80z and 16oz) | Y |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Soups - MEAL DEAL |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato \& Basil (8oz) - Meal Deal | Y |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Butternut and Sweet Potato Soup (80z) - Meal Deal | Y |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Smoothies |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango Rose | $Y$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Meet Your Matcha | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Peanut Power | $Y$ |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |
| Purple Rain | $Y$ | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Blue Velvet | Y | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Dressings |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet Honey Mustard | Y |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |
| Pomegranate Balsamic | Y | $Y$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Spicy Peanut Ginger | $Y$ | $Y$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |
| Chef's | $Y$ |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |
| Lemon Tahini | Y | Y |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |
| Piri Piri | $Y$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Sweet Tomato Dressing | Y | Y | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |
| Pots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Choconut Chia | Y | $Y$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |
| Choconut Chia Big | $Y$ | Y |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |
| Honey Yogurt | Y |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Super Seed \& Banana | $Y$ |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |
| Protein Pot | $Y$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Falafel Pot | Y | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |


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| Avocado and Crumbled White Cheese | Y |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Drinks (Homemade) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango \& Lemon | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Classic Lemonade | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Earl Grey Tea | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Ingredients |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apple | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Avocado | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Beetroot | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrot | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chana Chickpeas | $Y$ | $Y$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Cheddar Cheese | $Y$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Cherry Tomatoes | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crispy Opinions | Y | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Crush Walnuts | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |
| Cucumber | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dried Cranberries | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Edamame Beans | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Falafel | Y | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Feta | $Y$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Gherkins | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Jalapenos | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Leaf Mix | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mung Bean sprouts | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Olives ( green and black) | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Peanuts Salted caramel | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |
| Poppadom | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Quinoa-Spelt Mix | $Y$ | $Y$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Red Cabbage | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |


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| Red Onion | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sesame seeds | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Sundried Tomatoes | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sunflower Seeds | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tikka Chicken |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Tofu | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |
| Tortilla chips | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Vegan Cheese | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Egg | Y |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Hot Drinks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Oat Milk | Y | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Coconut Milk | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Semi skinny milk | $Y$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Coffee beans | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Chai Syrup | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Caramel | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

