	Items Contents.							s												and
	Key: √(Product Contains) * (May Contains)	an	arian	tarian	iluten	Dairy	ery	Gluten/ Cereals	Crustaceans	gs	ų	ni	¥	sos	tard	nuts	nuts	Sesame seeds	ya	Sulphur dioxide and sulphites
	VG (Suitable For Vegans) V (Suitable For Vegetarians) P (Suitable For Pescatarians)	Vegan	Vegetarian	Pescatarian	Non Gluten	Non Dairy	Celery	luten/	Crusta	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	esame	Soya	hur di sulph
	NG (Non Contains Gluten) Non Contains (Dairy)							9										s		Sulp
	Caesar Bowl							~		~			~							
ase)	Italian Bowl				NG					√			 Image: A state of the state of							
SALAD BOWLS (all NO dressing, NO base)	Mango Chicken Bowl				NG	ND	✓								✓			✓		
0 BO	Nacho Avocado Bowl	VG	V	Р	NG	ND														 ✓
ALAI dres	Protein Power Bowl				NG					√			✓		~					
	Spring Chicken Bowl				NG	ND											✓	✓		
(a	Sunny Salmon Bowl			Р	NG	ND					✓							✓	✓	
	Tuna Tzatziki Bowl			Р	NG					 ✓ 	 ✓ 		 Image: A second s		✓					 ✓
	Cos Lettuce	VG	V	Р	NG	ND														
SES	Spinach Leaves	VG	V	Р	NG	ND														
BOWLS BASES	Spring Leaves	VG	V	Р	NG	ND														
OWL	Steamed White Rice	VG	V	Р	NG	ND														
â	Fusilli Pasta	VG	v	Р		ND		✓							*				*	
	Quinoa	VG	v	Р	NG	ND														
s	Spicy Chicken Tikka						~	~					~		~			✓	 Image: A start of the start of	✓
Cheese Melts	Feta & Spinach		v	Р				 Image: A second s		~			 Image: A second s		~			✓	*	 Image: A second s
heese	Protein Chicken & Egg							~		~			 Image: A start of the start of		~			✓	*	~
ö	Piri Piri Melt						~	<		\checkmark			 Image: A second s		~				*	 Image: A second s
ø	Tortilla Chips	VG	v	Р	NG	ND														
Melt	Coleslaw		v	Р	NG	ND				\checkmark					~					
SIDES for Cheese Melts	Corn Salsa	VG	v	Р	NG	ND														~
	Dip: Lemon Tahini dressing	VG	v	Р	NG	ND												✓	*	~
	Dip: Piri Piri dressing		v	Р	NG								~						*	~
SII	Dip: Chef dressing		v	Р	NG					~			~		~				*	~
щ	Chilli con Carne Bowl				NG								~						*	
ATUR	Harissa Chicken Bowl				NG	ND							-			~	~	✓	*	~
SIGN	Korean Beef Bowl					ND		~										1	✓	
HEARTY SIGNATURE BOWLS	Sweet Chilli Salmon			Р	NG	ND					~							✓	*	~
НЕА	Thai Peanut Curry Bowl	VG	Y	Р	NG	ND											~		*	
	Avocado Cream		v	Р	NG					~			~						*	~
	Balsamic Vinegar	VG	v	· P	NG	ND				•			•							▼ √
	Basil Pesto	VG	v	P	NG	ND														
	Caesar		v	· P	NG	ND				~			✓						✓	✓
	Chef		v	P	NG					~			• •		~				*	• •
	Honey Harissa Dressing	VG	v	P	NG	ND				•			•		•	1	~	1	*	· √
NGS	Korean BBQ Dressing	VG	v	P		ND		~										▼ ✓	~	
DRESSINGS	Lemon Juice	VG	v	· P	NG	ND		•											•	✓
DR	Lemon Tahini	VG	v	P	NG	ND												~	*	▼ ✓
	Olive Oil (EVOO)	VG	v	· P	NG	ND														
	Piri Piri		v	P	NG								~						*	~
	Pomegranate Balsamic	VG	v	· P		ND		✓											*	
	Sweet Chilli Sauce	VG	v	P	NG	ND		-											~	~
	Turmeric Honey Mustard		v	· P		ND		~							~				*	▼ √
	Choconut Chia	VG	v	P	NG	ND										~			*	·
	Choconut Chia Big	VG VG	v	P	NG	ND										✓ ✓			- -	
IS	Honey Yogurt	VG	v	P	NG								~			×			v	
SNACK POTS	Honey Yogurt Super Seed & Banana		v	P	NG								✓ ✓			√				
NACI	Protein Pot		v	P						~			V			×				
S	Summer Berry Chia	VG	v	P	NG NG	ND				v						-		-	*	
1		VG	v	٣	NG	UN														

	Items Contents. Key: √(Product Contains) *(May Contains) VG (Suitable For Vegens) V (Suitable For Vegetarians) P (Suitable For Pescatarians) NG (Non Contains Gluten) Non Contains (Dairy)	Vegan	Vegetarian	Pescatarian	Non Gluten	Non Dairy	Celery	Gluten/ Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites
	Mango Chia Pot	VG	v	Р	NG	ND													*	
WRAPS	Caesar Wrap							~		~			~						~	✓
	Greek Wrap		v	Р				~					✓						*	 Image: A second s
	Spicy Chicken Tikka Wrap						~	~		~			~		~				*	✓
	Falafel Wrap	VG	v	Р		ND		✓										✓	*	✓
	Tuna & Cucumber Wrap			Р		ND		~		~	~				~					
	Avocado & Tortilla Chips	VG	v	Р	NG	ND														1
DES	Avocado Tuna			P	NG	ND				~	√				~				-	•
DELI SIDES	Falafel Hummus	VG	v	P	NO	ND				•	×				v			~		
DE	Tortilla Bread		v	P		ND		~										~		
		VG						~												
	Apple	VG	V	P	NG	ND														 ✓
	Avocado	VG	V	Р	NG	ND														✓
	Basil	VG	V	P	NG	ND														
	Beetroot	VG	V	P	NG	ND														
	Bellpepper - yellow and red	VG	V	P	NG	ND														
	Blueberries	VG	V	P	NG	ND														
	Broccoli	VG	V	P	NG	ND														
	Carrot	VG	V	Р	NG	ND														
	Celery Bunch	VG	V	P	NG	ND	✓													
	Chana Chickpeas	VG	V	Р	NG	ND									~					
	Cheddar Cheese		V	P	NG								~							
	Cherry Tomatoes	VG	V	Р	NG	ND														
	Chicken			_	NG	ND														
	Coriander	VG	V	P	NG	ND														
	Corn Salsa	VG	V	P	NG	ND														✓
	Crispy Opinions	VG	V	P	NG	ND		~								,				
	Crush Walnuts	VG	V	P	NG	ND										✓				-
	Cucumber	VG	V	P	NG	ND							,							
	Cucumber Tzatziki	VG	V	P	NG	ND							~							✓
	Dried Cranberries	VG	V	P	NG	ND														
	Edamame Beans	VG	V	P	NG	ND				,									✓	
	Egg		V	P	NG	ND				~								,		
	Falafel	VG	V	P	NG	ND												✓		
	Feta Cheese	NC	v v	P P	NG	ND							~		~					
	Gherkins Grana Padano	VG	v	P	NG NG	ND				~			~		~					
			v	P		ND				~			~							
	Grapes Harissa Chicken	VG	V	Р	NG	ND										√	~	√	*	
		NG	v	Р	NG	ND										~	~	✓ ✓		
	Hummus	VG VG	v	P	NG NG	ND ND												~		-
	Jalapenos Korean Beef	VG	V	P	NG			1										1	1	
	Korean Beer Mango	VG	v	Р	NG	ND ND		~										~	✓	
ß	Mango	VG	v	P	NG	ND														
TOPPINGS	Mint	VG VG	v	P	NG	ND ND														
10	Mint Mozzarella Cheese	VG	v	P	NG								~							
	Mung Beansprouts	VG	v	P	NG	ND							V							
	Mix Olives	VG	v	P	NG	ND														
	Parsley	VG	v	P	NG	ND														
	Parsiey Pickled Red Onions	VG	v	P	NG	ND														
		VG	v	P	NG	ND														
	Pineapple		v																	
I	Plum Tomatoes	VG	V	Р	NG	ND														

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	Pomegranate Seeds	VG	v	Ρ	NG	ND														
	Poppadom	VG	v	Р	NG	ND												✓		
	Quinoa	VG	V	Ρ	NG	ND														
	Radishes	VG	v	Р	NG	ND														
	Red Cabbage	VG	v	Р	NG	ND														
	Red Onion	VG	v	Р	NG	ND														
	Salmon Fillet			Р	NG	ND					✓									
	Salted Peanuts	VG	v	Р	NG	ND											✓			
	Seasonal Thyme Roasted Vegetables	VG	v	Р	NG	ND													*	✓
	Sesame seeds	VG	V	Р	NG	ND												✓		
	Smoked Salmon			Р	NG	ND					✓									
	Spring Onions	VG	v	Р	NG	ND														
	Strawberries	VG	v	Р	NG	ND														
	Sundried Tomatoes	VG	v	Р	NG	ND														
	Sunflower Seeds	VG	V	Р	NG	ND														
	Sweetcorn	VG	V	Р	NG	ND														
	Tikka Chicken				NG	ND	✓								✓					
	Tofu	VG	V	Р	NG	ND												 ✓ 	 ✓ 	 ✓
	Togarashi	VG	V	Р	NG	ND												✓		
	Tortilla chips	VG	V	Р	NG	ND														
	Tuna			Р	NG	ND					✓									
	Tuna Dill Mayo Salad			Р	NG	ND				✓	✓				 Image: A second s					
	Vegan Cheese	VG	V	Р	NG	ND														
	Yoghurt		V	Р	NG								 ✓ 							
	Za'tar	VG	V	Ρ	NG	ND												✓		
	Oat Milk	VG	v	Ρ		ND		~												
	Coconut Milk	VG	v	Ρ	NG	ND										*			✓	
AKS	Semi skinny milk		v	Ρ	NG								~							
HOT DRINKS	Coffee beans	VG	v	Р	NG	ND														
ЮН	Chocolate		v	Р	NG								~						✓	
	Chai Syrup	VG	v	Р	NG	ND														
	Caramel	VG	v	Р	NG	ND														
	Mango Chicken Platter				NG	ND	\checkmark								\checkmark			~		-
	Spring Chicken Platter				NG	ND											~			
	Protein Power Platter				NG					~			~		~					
	Nacho Avocado Platter	VG	v	Р	NG	ND														✓
sing)	O-mega Tuna Platter			P	NG	ND				~	~									
dres:	Falafel Habibi Platter	VG	v	P	NG	ND				•	•				~			~		
PLATTERS (all NO dressing)	Berry Well Platter	10	v	P	NG								~		×	~		v		~
S (a	· · · · · · · · · · · · · · · · · · ·		v	P	NG											~		√	*	✓ ✓
L TE	Crispy Crunch Platter				N.C.	ALE							~							✓
PLA	Crudite Platter	VG	V	P	NG	ND	~											✓	<u> </u>	
	Fruit Salad Platter	VG	V	P	NG	ND														
	Mediterranean Platter		V	P				~					✓		✓			✓		
	Protein Platter				NG					✓			✓		✓				✓	
	Tomato Mozzarella Platter		V	Р	NG								\checkmark							✓