



Feb 2025

NUTRITIONAL INFORMATION

	Item Name	Energy (kcal)	Energy (kJ)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Salt (g)	Portion size (g)	
		Per Portion										
SALAD BOWLS (all NO dressings, NO base)	Caesar Bowl	508	2125	24.8	10.4	27.5	3.1	2.6	43.7	3.3	363	
	Tuna & Sweet Potatoe Bowl	297	1250	8.1	2.1	24.2	4.9	13.5	31.7	1.0	376	
	Mango Chicken Bowl	311	1304	13.6	2.1	25.6	4.4	12.4	22.5	0.15	378	
	Nacho Avocado Bowl	330	1379	18.8	3.0	36.3	8.6	7.3	7.3	0.69	288	
	Protein Power Bowl	504	2106	35.6	12.9	7.3	3.1	4.5	38.2	1.7	378	
	Spring Chicken Bowl	325	1356	19.2	3.6	9.1	5.9	7.4	29.1	0.4	356	
	Chicken & Roasted Vegetables Bowl	304	1279	11.5	2.6	21.1	5.0	12.5	29.8	0.19	371	
Hearty Falafel & Quinoa Bowl	372	1553	17.3	0.7	37.0	15.7	12.4	13.0	0.7	384		
BOWLS BASES	Cos Lettuce	14	57	0.2	0.0	2.6	1.4	1.0	1.0	0.0	80	
	Spinach Leaves	13	55	0.5	0.1	0.2	0.8	0.0	2.1	0.0	80	
	Spring Leaves	16	46	0.3	0.0	1.2	0.9	1.2	0.8	0.02	80	
	Steamed White Rice	172	722	4.8	0.6	29.5	0.6	0	2.7	1.1	250	
	Fusilli Pasta	467	1954	13.5	1.7	74.5	6.3	1.3	12.0	1.2	250	
	Quinoa	279	1169	5.1	0.5	47.5	8.8	1.4	9.9	0.01	285	
CHEESE MELTS (all NO tortilla chips, NO Dip on side, NO base)	Spicy Chicken Tikka	607	2541	33.1	11.6	40.3	7.0	6.7	41.4	1.8	322	
	Roasted Mushrooms & Chicken	466	1956	20.5	11.5	27	3.3	1.9	43.7	2	235	
	Feta & Spinach	556	2327	34.3	18.2	7.2	3.2	6	16.8	2.8	333	
	Protein Chicken & Egg	608	2553	32.2	14.6	32.1	4.7	6.8	48.4	2.0	345	
	Piri Piri Melt	712	2986	36.7	14.0	57.0	4.4	3.5	39.3	2.6	307	
SIDES for Cheese Melts	Tortilla Chips	120	500	0.0	0.0	0.0	0.0	0.0	0.0	0.0	25	
	Coleslaw	245	1023	25.6	4.1	3.6	0.3	0.9	0.6	1.3	70	
	Guacamole	151	630	13.11	2.9	7.0	0.3	1.3	1.7	1.0	115	
	Mashed Potatoes	82	343	3.64	1.4	11.83	0.91	0.9	1.82	0.9	90	
	Corn Salsa	55	231	1.1	0.3	9.2	2.4	5.4	1.9	0.01	100	
	Chilli Heatwave Chicken	74	311	0.9	0.8	4.4	0.3	3.8	11.9	1.4	73	
	Teriyaki Sesame Tofu	56	235	0.4	0.6	1.3	0.0	0.9	6	0.5	76	
	Dip: Lemon Tahini dressing	75	309	7.3	0.9	0.2	0.0	0.1	1.8	0.01	25	
	Dip: Piri Piri dressing	75	308	6.2	1.7	3.7	0.0	3.4	1.0	0.02	30	
	Dip: Chef dressing	50	206	4.9	1.1	0.8	0.0	0.6	0.6	0.04	25	
HEARTY SIGNATURE BOWLS	Mexican Bowl	1039	4344	46.4	14.6	104	9.5	6.2	51.3	4.1	604	
	Chilli Con Carne	862	3609	41.1	16.9	93.2	6.7	7.9	32.6	5.8	584	
	Harissa Chicken Bowl	593	2504	14.4	3.9	91.3	7.7	10.9	25.7	5.6	508	
	Korean Beef Bowl	649	2727	24.2	6.3	86.5	4.1	8.6	22.6	4.3	503	
	Sweet Chilli Salmon	683	2859	27.4	5.8	79.7	3.3	4.2	29.2	3.9	416	
	Teriyaki Chicken Bowl	606	2542	17.0	2.6	76.2	4.5	1.9	36.7	2.9	441	
	Thai Peanut Curry Bowl	617	2604	18.2	2.6	102	7.7	12	13.1	4.5	563	
DRESSINGS	Balsamic Vinegar	28	118	0.0	0.0	6.3	0.0	6.0	0.0	0.0	30	
	Caesar	220	902	22.9	10.4	1.8	0.1	1.6	1.6	0.3	60	
	Chef	109	455	10.8	2.7	1.7	0.0	1.4	1.3	0.08	60	
	Honey Harissa Dressing	356	1467	35.8	5.1	7.7	0.0	6.9	0.4	1.5	60	
	Korean BBQ Dressing	107	458	0.8	0.1	25.8	0.1	23.6	1.1	4.5	60	
	Lemon Juice	2.1	9.3	0.0	0.0	0.5	0.0	0.5	0.1	0.0	30	
	Lemon Tahini	120	497	11.7	1.7	0.3	0.0	0.1	2.9	0.0	40	
	Olive Oil (EVOO)	225	924	25.0	3.6	0.0	0.0	0.0	0.0	0.0	25	
	Piri Piri	103	429	8.5	2.9	5.1	0.0	4.7	1.3	0.03	55	
	Pomegranate Balsamic	272	1138	23.7	3.8	13.7	0.0	1.8	0.3	0.01	55	
	Sweet Chilli Sauce	27	113	0.5	0.2	4.1	1.0	3.7	1.2	1.3	60	
	Teriyaki Dressing	366	1538	15.0	2.2	54.1	0.0	52.3	4.0	17.5	60	
	Sriracha Mayo Dressing	525	2162	52.4	4.0	12.1	0.0	10.6	0.8	2.5	60	
	Sriracha (Plain) Dressing	15	63	0.0	0.0	4.0	0.0	0.0	0.0	3.8	40	
	SNACK POTS	Choconut Chia	277	1162	21.2	16.1	14.8	2.1	12.7	3.3	0.08	115
		Choconut Chia Big	554	2324	42.4	32.2	29.6	4.2	25.4	6.6	0.16	230
Honey Yogurt		171	717	4.6	2.9	24.3	1.1	24.2	8.8	0.04	194	
Granola & Banana Yoghurt		314	1319	13.1	2.9	38.7	1.9	38.0	11.7	0.06	223	
Protein Pot		318	1326	19.7	5.5	5.6	0.8	0.2	29.5	0.77	233	
Summer Berry Chia		340	1421	14.7	1.3	46.9	11.7	53.8	6.7	0.03	105	
Mango Chia Pot		348	1458	14.8	1.4	50.6	10.1	40.6	6.7	0.04	109	
WRAPS	Caesar Wrap	547	2301	20.4	8.7	63.9	5.4	4.0	27.8	2.7	253	
	Greek Wrap	592	2476	24.4	10.0	9.9	1.9	2.5	8.2	1.8	284	
	Spicy Chicken Tikka Wrap	411	1720	6.5	0.5	3.3	1.0	1.7	15.0	0.14	228	
	Falafel Wrap	444	1871	15.4	3.4	60.1	10.7	5.6	13.9	1.6	269	
	Tuna & Cucumber Wrap	1071	4482	85.1	10.9	2.0	0.7	1.8	1.9	0.9	250	
DEES	Avocado & Tortilla Chips	330	1382	8.8	1.8	2.5	2.9	1.0	1.0	0.0	121	
	Falafel Hummus	514	2149	34.5	4.4	36.6	14.7	6.1	16.1	1.8	233	

DELI SID

TOPPINGS

Chilli Heatwave Chicken	161	673	2.3	1.6	10.8	0.8	9.3	23.9	3.1	154
Teriyaki Sesame Tofu	112	470	0.4	0.6	1.3	0.0	0.9	6	0.5	126
Tortilla Bread	153	644	4.0	1.7	24.3	2.3	1.35	3.8	0.4	50
Apple	34	141	0.3	0.1	7.6	0.8	7.6	0.4	0.0	65.6
Avocado	40	167	3.7	0.6	0.9	1.6	0.1	0.5	0.0	25
Basil	1	4	0.03	0.0	0.1	0.0	0.2	0.2	0.0	3
Beetroot	25	104	0.1	0.0	5.1	0.0	4.7	1.2	0.1	53
Bellpepper - yellow and red	114	477	1.4	0.2	27.2	10.3	19.0	4.4	0.0	380
Blueberries	41	172	0.2	0.0	10.5	1.8	7.5	0.5	0.0	72
Broccoli	136	570	1.6	0.2	27.2	11.6	9.6	11.2	0.0	400
Carrot	82	343	0.4	0.0	19.2	5.6	9.2	1.8	0.1	200
Celery Bunch	30	126	0.3	0.0	0.6	2.0	3.0	1.2	0.4	200
Chana Chickpeas	40	169	1.4	0.1	4.0	1.9	0.0	2.0	0.0	45
Cheddar Cheese	187	776	15.7	9.8	0.0	0.0	0.0	11.4	0.8	45
Cherry Tomatoes	10	42	0.1	0.0	2.2	0.7	1.6	0.5	0.0	58
Chicken	103	436	2.2	0.6	0.0	0.0	0.0	21.6	0.1	80
Coriander	1	4	0.0	0.0	0.2	0.0	0.2	0.1	0.0	3
Corn Salsa	55	231	1.1	0.3	9.2	2.4	5.4	1.9	0.0	59
Crispy Opinions	214	893	15.1	6.0	15.8	1.4	2.5	2.1	0.4	35
Crush Walnuts	98	411	9.8	0.9	2.1	1.0	0.4	2.3	0.0	15
Cucumber	7	32	0.3	0.0	0.6	0.4	0.6	0.5	0.0	50
Dried Cranberries	3	12	0.0	0.0	0.6	0.6	0.6	0.1	0.0	20
Edamame Beans	16	66	2.0	0.0	6.5	0.4	0.6	5.3	0.0	45
Egg	68	285	4.7	1.3	0.6	0.0	0.6	6.3	0.2	50
Falafel	167	697	8.4	0.6	11.3	10.1	2.4	6.4	0.9	80
Feta Cheese	99	415	8.9	5.8	0.0	0.0	0.0	4.6	1.0	45
Gherkins	13	55	0.0	0.0	2.3	0.4	2.0	0.5	0.6	47
Grana Padano	196	820	14.4	9.0	0.0	0.0	0.0	16.2	0.9	45
Grapes	402	1684	1.8	0.6	96.0	6.0	90.0	3.6	0.0	600
Harissa Chicken	89	375	0.9	1.0	4.5	0.1	4.0	15.7	1.8	80
Hummus	133	557	9.3	1.0	4.3	1.4	0.3	3.3	0.6	33
Jalapenos	13	52	0.2	0.0	2.8	1.2	1.8	0.4	0.0	17
Korean Beef	177	737	11.7	4.7	4.8	0.1	13.3	4.3	1.5	80
Mango	38	161	0.1	0.1	9.3	0.0	9.1	0.5	0.0	60
Melon	360	1507	1.0	0.3	90.0	9.0	90.0	8.0	0.0	1000
Mint	3	13	0.1	0.0	0.7	0.5	0.0	0.2	0.0	5
Mozzarella Cheese	2032	8502	152	104	9.6	0.0	3.2	144	5.6	800
Mung Beansprouts	15	61	0.2	0.0	1.9	0.0	1.0	1.4	0.0	50
Mix Olives	124	517	13.2	0.0	1.0	0.0	0.0	0.3	0.0	30
Parsley	1	4	0.0	0.0	0.2	0.0	0.2	0.1	0.0	3
Pickled Red Onions	23	96	0.1	0.0	5.0	1.2	4.0	0.5	1.2	40
Pineapple	500	2092	1.2	0.1	131.0	10.0	98.0	5.0	0.0	1000
Plum Tomatoes	144	602	1.6	0.2	28.0	8.0	20.0	6.0	0.0	800
Pomegranate Seeds	14.0	59.0	0.2	0.0	3.2	0.5	2.4	0.3	0.0	20
Poppadom	21	89	0.1	0.0	3.5	0.7	0.0	1.4	0.1	5
Quinoa	72	300	1.1	0.1	12.7	1.7	0.5	2.6	0.0	52
Radishes	6	25	0.1	0.0	1.2	0.5	0.6	0.3	0.0	32
Red Cabbage	11	46	0.1	0.0	2.6	1.2	1.5	0.6	0.0	45
Red Onion	14	59	0.1	0.0	3.3	0.6	1.6	0.4	0.0	35
Salmon Fillet	206	860	13.0	2.3	0.0	0.0	0.0	22.0	0.1	100
Salted Peanuts	87	364	7.7	1.1	3.5	1.4	1.1	4.0	0.5	15
Seasonal Thyme Roasted Vegetables	77	323	1.4	1.4	13.3	6.0	4.2	3.2	1.1	100
Sesame seeds	57	238	4.8	0.7	2.5	1.1	0.1	1.8	0.0	10
Spring Onions	4	17	0.1	0.0	0.9	0.2	0.2	0.3	0.0	10
Strawberries	3	12	0.1	0.0	0.7	0.2	0.5	0.1	0.0	10
Sundried Tomatoes	91	381	6.0	0.8	10.0	2.5	0.0	2.2	0.3	40
Sunflower Seeds	87	364	7.7	0.7	2.5	1.3	0.5	3.0	0.0	15
Sweetcorn	90	40	0.2	0.0	1.1	0.0	0.7	1.0	0.0	55
Tikka Chicken	103	436	2.2	0.6	0.0	0.0	0.0	21.6	0.1	80
Tofu	80	331	5.5	0.5	1.3	0.0	0.2	6.3	1.7	65
Togarashi	42	176	2.5	0.3	4.1	1.5	0.5	1.5	0.8	10
Tortilla chips	127	530	5.6	0.7	15.7	4.0	4.0	1.7	0.1	25
Vegan Cheese	166	695	12.6	11.0	13.2	0.0	0.0	0.0	1.3	45
Grilled Mushrooms	17	72	1.3	0.1	2.2	0.1	0.0	1.6	0.3	40
Grilled Peppers	11	46	0.1	1.7	1.7	1.2	1.4	0.6	0.0	50
Seaweed Wakame Salad	20	85	0.7	0.1	3.2	0.0	2.0	0.3	0.4	20
Roasted Sweet Potatoes	50	210	0.9	0.1	9.9	1.2	2.6	0.6	0.4	50
Guacamole	92	384	8.0	1.8	0.0	0.2	0.8	1.1	0.6	70
Red Kidney Beans	41	176	0.3	0.0	6.7	2.8	5.2	2.8	1.0	45
Yoghurt	10	42	0.8	0.5	0.9	0.0	0.8	1.0	0.0	15
Teriyaki Chicken	89	374	1.1	0.3	3.9	0.0	3.3	38.8	0.3	60
Za'tar	3	13	0.2	0.0	0.4	0.1	0.0	0.1	0.1	1
Oat Cappucino	101	420	2.8	1.1	17.4	1.7	8.1	0.7	0.2	12oz
Coconut Cappuccino	120	502	9.0	8.0	12.0	2.0	9.0	2.0	0.1	12oz
Semi Skimmed Cappuccino	130	544	5.0	3.0	14.0	0.0	12.0	8.0	0.2	12oz
Oat Flat White	83	347	2.3	0.9	14.4	1.4	6.6	0.6	0.2	8oz

HOT DRINKS

Coconut Flat White	80	335	6.0	0.0	3.0	0.0	2.0	1.2	0.1	8oz
Semi skimmed Flat White	80	339	2.9	1.8	8.5	0.0	7.8	5.9	0.2	8oz
Coconut Latte	120	350	7.0	0.0	4.0	0.5	2.0	1.0	0.1	12oz
Oat Latte	111	461	3.0	1.2	19.1	1.8	8.9	0.7	0.2	12oz
Semmi Skimmed Latte	118	499	4.3	2.7	12.3	0.0	11.7	8.8	0.3	12oz
Espresso (Single)	3	13	0.1	0.0	0.6	0.0	0.0	0.0	0.1	4oz
Espresso (Double)	6	26	0.2	0.0	1.2	0.0	0.0	0.0	0.2	4oz
Black Americano	3	13	0.1	0.0	0.6	0.0	0.0	0.0	0.0	12oz
White Americano (Semmi Skimmed Milk)	30	125	1.5	0.0	2.0	0.0	2.0	2.0	0.0	12oz
White Americano (Coconut Milk)	50	209	5.0	0.0	4.0	1.0	3.0	1.5	0.1	12oz
White Americano (Oat Milk)	80	335	3.0	0.0	12.0	2.0	6.0	3.0	0.2	12oz
Oat Hot Chocolate	281	1177	5.7	2.5	50.7	6.4	35.3	3.6	0.5	12oz
Semmi Skimmed Hot Chocolate	81	343	2.9	1.8	8.6	0.0	7.9	6.0	0.2	12oz
Coconut Hot Cocolate	220	921	12.0	0.0	30.0	5.0	15.0	3.0	0.1	12oz
Green Tea	3	13	0.0	0.0	0.0	0.0	0.0	0.7	0.0	12oz
English Breakfast Tea	4	16	0.0	0.0	0.0	0.0	0.0	0.6	0.0	12oz
Chamomile Tea	2	8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12oz
Earl Grey Tea	4	16	0.0	0.0	0.0	0.0	0.0	0.5	0.0	12oz
Chai Tea Latte	250	1045	3.7	2.4	60.0	0.0	40.0	8.0	0.2	12oz
Caramel Latte	350	1255	4.8	2.4	50.0	0.0	45.0	8.0	0.3	12oz
Caramel Syrup	67	280	0.0	0.0	17.0	0.0	17.0	0.0	0.0	20ml
Chai Tea Syrup	80	290	0.0	0.0	20.0	0.0	18.0	0.0	0.0	20ml

PLATTERS (all NO dressing) ONLY WRAPS PLATTERS DRESSING INCLUDED

Mango Chicken Platter	1289	5408	57.7	8.8	101.5	18.3	53.2	95.2	0.6	1592
Spring Chicken Platter	1149	4806	55.1	10.4	56.1	21.9	34.0	108.9	1.7	1407
Protein Power Platter	2056	8592	145.2	52.6	28.1	12.1	16.4	157.2	6.9	1560
Nacho Avocado Platter	1724	7199	92.4	19.1	90.7	36.3	34.1	26.2	1.2	1500
Tuna & Sweet Potato Platter	1155	4855	35.3	8.8	82.7	17.7	36.9	126.3	5.2	1520
Falafel Habibi Platter	949	3986	45.5	4.3	76.8	56.9	36.0	39.2	3.5	1535
Berry Well Platter	1293	5411	94.8	37.6	63.3	18.6	61.6	47.5	6.0	1392
Crispy Crunch Platter	1479	6175	40.7	7.7	29.2	10.9	3.4	12.7	2.2	611
Crudite Platter	1234	5178	68.4	9.4	124.3	46.2	34.5	46.4	5.0	1690
Fruit Salad Platter	1086	4635	5.0	0.4	250.3	29.3	250.0	14.3	0.9	2750
Mediterranean Platter	2536	10606	114.3	23.2	255.0	87.2	53.5	87.0	3.2	1715
Protein Platter	2034	8494	118.9	35.6	68.4	18.6	19.8	171.6	4.3	1565
Deluxe Croissant Platter	4774	19918	308.0	169.1	424.0	42.9	85.1	81.4	7.8	1470
Tomato Mozzarella Platter	2524	10507	185.7	129.2	60.4	13.6	36.3	158.2	12.2	1844
Fusion Croissant Platter (Individual portions - 12 People)										
Avocado, Cheese and Tomatoes Croissant	308	1286	21.5	10.7	18.9	2.6	3.4	10.2	0.45	130
Mozzarella Cheese, Tomatoes, Rocket Leaves	248	1033	15.6	9.0	18.9	1.7	3.3	8.0	0.48	111
Scrambled Eggs, Smoked Turkey	304	1269	19.0	7.9	17.5	1.3	2.1	16.1	1.1	125
Egg-cellent Platter (Individual portions - 9 People)										
Halal Turkey & Scrambled egg	177	741	11.3	3.3	2.1	0.7	1.6	17.0	1.1	151
Scrambled Egg & White Cheese	250	1044	19.2	9.9	2.7	1.2	2.6	16.5	1.6	216
Scrambled egg ,Falafel & Hummus	360	1505	27.8	4.6	10.7	4.8	2.7	14.6	0.39	204
Scrambled egg ,Avocado & Corn Salsa	186	773	12.1	3.2	8.1	2.5	4.7	10.9	0.39	185
Seasonal Wraps Platter - Vegetarian (Individual portions - 8 People)										
Falafel Habibi roll	532	2227	14.4	1.4	12.6	10.1	5.6	8.4	0.03	359
Nacho Avocado roll	682	2865	22.0	5.4	80.1	12.3	13.1	14.7	2.0	437
Greek roll	619	2604	39.9	12.5	65.2	5.5	4.6	16.2	3.0	304
Seasonal Wraps Platter - Mix (Individual portions - 8 People)										
Spicy Chicken roll	473	1988	6.7	1.1	5.7	1.9	3.6	28.1	0.2	330
Nacho Avocado roll	682	2865	22.0	5.4	80.1	12.3	13.1	14.7	2.0	437
Greek roll	619	2604	39.9	12.5	65.2	5.5	4.6	16.2	3.0	304
Caesar roll	556	2344	20.9	9.7	54.1	4.8	3.7	39.4	2.0	293
Coconut Chia Morning Box (Individual portions - 15 People)										
Mango Almond Sunrise (VEGAN)	639	2674	25.2	2.5	93.2	18.2	58.8	14.6	0.06	176
Granola Crunch (VEGAN)	668	2795	26	2.6	97.7	18.8	56.9	15.4	0.09	153
Strawberry Almond Delight (VEGAN)	623	2606	25.1	2.4	88.8	18	54.8	14.4	0.06	156
Chocolate Banana Dream (VEGAN)	732	3062	30.8	4.2	103.3	19.5	65.2	15.8	0.15	181
Berry Fusion (VEGAN)	628	2626	24.5	2.4	90.1	20	56	14.5	0.06	178

Dessert

Chocolate Brownie	270	1131	15.2	11.8	30	1.6	18	2.3	0.01	62
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