

# SALAD BAR

All salads are made fresh to order from the deli.

## SEAFOOD

Salmon and prawns, mixed leaf, smashed avocado, green mix, lemon

## GREEK MEZE

Falafel & hummus, super grain, feta, olives, red onion, mixed leaf, house dressing

## MEDITERRANEAN

Roasted chicken, Parma ham, med veg, sun blushed tomatoes, pesto, pine nuts, mixed leaves

## CHICKEN & BACON SUPERFOOD

Chicken & bacon, super grains, squash, green bean mix, smashed avocado, mixed leaves

## HUMMUS & FALAFEL SUPERFOOD

Hummus & falafels, super grains, squash, green bean mix, smashed avocado, mixed leaves

ALL  
£4.75

# MAKE YOUR OWN SALAD

## BASE CHOOSE 1

Mixed leaves, super grains, pasta

## MAINS CHOOSE 1

Roast Chicken, BBQ chicken, seafood (prawns & Salmon) tuna, falafels, med veg, bacon, chorizo, Parma ham, pepperoni

## SIDES CHOOSE 3

Sweetcorn, olives, cucumber, carrot, tomato, mixed seeds, Pine nuts, feta cheese, goat's cheese, cheddar cheese, hummus, smashed avocado, red onions, onion medley, beetroot, peppers, croutons, boiled eggs, sliced mushrooms, green bean mix, pesto, coleslaw, tomato sauce for pizza base/pasta

## DRESSINGS

Pesto mayo, honey mustard dressing, sweet chilli mayo, mayo, Caesar dressing

# BLEND BAR

Freshly made blends using natural ingredients and no added sugar.

## BREAKFAST BOOST

banana, almond milk, mixed seeds, cocoa, coffee

## NUTTY BLAST

spinach, almond milk, oats, almond/peanut butter, banana

## GREEN

Spinach, apple, cucumber, mixed seeds, apple juice

## BERRY

Spinach, berries, banana, yoghurt, milk

ALL  
£3.50

## Zing

Whole orange, carrot, ginger, water