

# Salads

## Thai Me Up

GF V VG if satay

Camargue red rice, kale, roasted corn salsa, cucumber, umami slaw, chilli cashew crunch, honey mustard chicken or Bold Bean satay

Thai peanut dressing + lime squeeze

Mustard, nuts, cashews, peanut, garlic, sesame, soya, sulphites [satay is non-halal]

Calories with dressing 712

Calories without dressing 613

Protein 49

Carbs 61.8

Fat 30

## Miso Salmon

GF

Herby chickpeas, kale, sesame broccoli + peas, roasted corn salsa, umami slaw, chilli cashew crunch, roasted salmon, sesa-miso dressing

Sesa-miso dressing

Fish, nuts, cashews, sesame, soya, sulphites

Calories with dressing 762

Calories without dressing 695

Protein 44

Carbs 49

Fat 37

## Mex on the Beach

GF V VG if tofu

Spinach, umami slaw, cucumber, pickled onions, roasted corn salsa, chipotle chips, cucumber-chilli pickle, sesame chilli tofu or coconut lime chicken breast, avocado

Coco-coriander + lime dressing

Sesame, garlic, soya, sulphites, (tofu is non-halal)

Calories with dressing 739

Calories without dressing 653

Protein 48

Carbs 47

Fat 40

## The GOAT

GF

Rocket, roasted sweet potatoes, pickled onions, cherry tomatoes, honey mustard chicken, goat's cheese, maple walnuts, green goddess dressing

Green goddess dressing

Milk, mustard, nuts, walnuts, garlic, sulphites

Calories with dressing 814

Calories without dressing 687

Protein 52

Carbs 42

Fat 47

## The POP SALAD

V VG

Cos, cherry tomatoes, cucumber-chilli pickle, everything onions x2, vegan potato salad, lemon squeeze + Tabasco

Apple cider vinaigrette

Gluten, mustard, garlic, sesame, sulphites

Calories with dressing 665

Calories without dressing 506

# Salads

## Mega Babe

Rocket, spinach, antipasto peppers, cucumber, everything onions, roasted salmon or honey mustard chicken, roasted potatoes

Ranch dressing

Gluten, eggs, [fish], mustard, sesame, garlic, soya, sulphites

Calories with dressing 633

Calories without dressing 540

Protein 30

Carbs 48

Fat 35

## The SP Caesar

Kale, cos, cherry tomatoes, everything onions, honey mustard chicken or black pepper prawns, crumbled parmesan

Chipotle caesar dressing

Gluten, eggs, fish, milk, mustard, garlic, sesame, sulphites, [crustaceans]

Calories with dressing 607

Calories without dressing 480

Protein 50

Carbs 25

Fat 34

## The Big Dill

Rocket, camargue red rice, cucumber-chilli pickle, Marmite croutons, cherry tomatoes, parm pickle meatballs, crumbled parmesan

Ranch dressing

Celery, gluten, eggs, fish, milk, mustard, garlic, soya, sulphites

Calories with dressing 657

Calories without dressing 565

Protein 35

Carbs 68

Fat 26

## The LOBSTER SALAD

Cos, cherry tomatoes, cucumber-chilli pickle, everything onions, lobster + crab mayo, brioche croutons, lemon squeeze + Tabasco

Apple cider vinaigrette

Gluten, celery, fish, milk, mustard, garlic, sesame, sulphites, [crustaceans]

Calories with dressing 529

Calories without dressing 371

# Protein Bowls

## Caesar Protein Bowl

Camargue red rice, spinach, roasted potatoes, cucumber, chilli cashew crunch, honey mustard chicken x2, chipotle caesar dressing

Chipotle caesar dressing

Gluten, eggs, fish, milk, mustard, nuts, cashews, garlic, soya, sulphites

Calories with dressing 1066  
Calories without dressing 949  
Protein 86  
Carbs 81  
Fat 43

## Satay Protein Bowl

GF V VG

Camargue red rice x2, spinach, umami slaw, furikake seeds, sesame chilli tofu or coconut lime chicken breast, Bold Bean satay

Thai peanut dressing + lime squeeze

Peanuts, garlic, sesame, soya, sulphites

Calories with dressing 946  
Calories without dressing 847  
Protein 40  
Carbs 90  
Fat 46

## Ranch Protein Bowl

Camargue red rice x2, spinach, cucumber-chilli pickle, chipotle chips, parm pickle meatballs x2, ranch dressing

Ranch dressing

Gluten, eggs, milk, fish, garlic, soya, sulphites

Calories with dressing 1104  
Calories without dressing 1012  
Protein 53  
Carbs 114  
Fat 48

## Tahini Protein Bowl

GF

Camargue red rice, herby chickpeas, spinach, cucumber, sesame broccoli + peas, black pepper prawns x2

Green tahini dressing

Crustaceans, garlic, sesame, soya, sulphites

Calories with dressing 634  
Calories without dressing 569  
Protein 77  
Carbs 35  
Fat 15

# Sides

## Hail, Caesar

Honey mustard chicken, everything onions, chipotle caesar dressing, chicken, crispy onions

Chipotle Caesar dressing

Gluten, eggs, fish, milk, soya, sulphites

Calories 479

Protein 40

Carbs 14

Fat 27

## Mini GOAT

GF

Goat's cheese, maple walnuts, honey mustard chicken

Green goddess dressing

Milk, walnuts, mustard

Calories 541

Protein 39

Carbs 20

Fat 32

## Mini Prawnstar

Roasted corn salsa, black pepper prawns

Chipotle Caesar dressing

Crustaceans, milk, fish, gluten, eggs

Calories 466

Protein 63

Carbs 20

Fat 32

## Tofull to the Brim

V VG GF

Sesame chilli tofu, chilli cashew crunch

Sesa-miso dressing

Nuts, cashews, sesame, soya, sulphites

Calories 354

Protein 20

Carbs 8

Fat 25

## Mex Pot

V GF

Roasted corn salsa, pickled onions, crumbled feta

Coco-coriander + lime dressing

Milk, mustard, sulphite

Calories 263

Protein 8

Carbs 15

Fat 19



MENU ITEM	Ingredients
Kale	Kale
Cos	Cos lettuce
Baby Spinach	Spinach
Rocket	Rocket
Red Rice	Red rice, salt, water
Herby Chickpeas	Chickpeas, extra virgin olive oil, sea salt, parsley
Tomatoes	Tomatoes
Cucumbers	Cucumber
Roasted Sweet Potatoes	Sweet potatoes, red onion, salt, rapeseed oil
Antipesto peppers	Roasted Peppers, Water, Vinegar, Salt, Sugar, capers, kalamata olives, dried oregano
Roasted corn salsa	Sweet corn, Salt, Rapeseed Oil, kidney beans, tajin, fresh coriander
Sesame broccoli + peas	Broccoli, Tajin, Rapeseed Oil, Salt, Edamame, Peas, Yuzu-Ponzu Dressing, Toasted Sesame Oil
Umami slaw	Cabbage, Apple Cider Vinegar, Salt, Tamari, Sesame Seeds, Fresh Coriander
Cucumber-chilli Pickle	Cucumber, dill, jalapeno, white wine vinegar, salt, sugar
Pickled Onions	Red onions, cider vinegar, salt, caster sugar, mustard seeds
Pickled Chilli	Red chilli, green chilli, sugar, salt, water, apple cider vinegar
Everything Onions	Onions, palm oil, wheat flour, salt, poppy seeds, garlic granules, sesame seeds (black and white)
Chipotle Chips	Tortilla chips (Corn flour (73%), sunflower oil, barbeque seasoning (salt, spices (onion, tomato, garlic, chilli pepper), sugar, maltodextrine, dextrose, acid (sodium diacetate, citric acid), smoke flavourings, natural flavourings, spice extract (paprika)), chipotle chilli flakes
Toasted Furikake Seeds	Furikake [Black Sesame, White Sesame, Salted Shiso Leaf, Ao Nori], sunflower seeds, sesame seeds, pumpkin seeds, flax seeds, olive oil, sea salt
Marmite Croutons	Crumpets (flour, yeast, water, milk, salt), salted butter, marmite, rapeseed oil, maple syrup
Chilli cashew crunch	Cashews, linseed, sunflower seeds, crispy chilli oil (soybean oil, chilli (35%), onion, fermented soybean (soybean, water), salt, sichuan pepper, salt, flavour enhancer E621
Brioche Croutons	Paprika, salt, rapeseed oil, brioche (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Egg (10%), Sugar, Unsalted Butter (MILK) (2%), Rapeseed Oil, Egg White, Yeast, Salt, WHEAT Gluten, Palm Oil, Emulsifier (Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Colour (Algal Carotenes), Flavouring, Flour Treatment Agent (Ascorbic Acid).
Honey-Mustard Chicken Thigh	Wholegrain mustard, brown sugar, garlic powder, balsamic vinegar, salt, pepper, chicken thigh
Coconut lime chicken breast	Tajin, ground ginger, dessicated coconut, cumin, ground garlic, caster sugar, salt, chicken fillet, rapeseed oil, fresh parsley
Roasted Salmon	Salmon, sumac
Sesame Chilli Tofu	Organic tofu, tahini, miso, ginger, tamari, rice vinegar, water, crispy chilli oil, coriander
Black Pepper Prawns	Prawns, garlic powder, black pepper, salt
Bold Bean satay	Peanut Butter, Miso, Maple Syrup, Rice Vinegar, Tamari, Sesame Oil, Turmeric, Crispy Chilli Oil, Coriander
Roasted Potatoes	Baby potatoes, sweet potatoes, SP Green Goddess dressing, rosemary, garlic granules, olive oil, sea salt
Parm pickle meatballs	Halal beef (15% fat), soy sauce, garlic powder, worcester sauce, BBQ sauce, brown sugar, rapeseed oil, gherkins, ranch dressing, dill
Potato salad	Potatoes, rapeseed oil, salt, dill, spring onions, vegan mayonnaise (rapeseed oil, water, sugar, spirit vinegar, salt, modified starch, stabalser, xanthan gum, flavouring, colour: carotene, antioxidant: calcium disodium: EDTA) cornichon (water, vinegar, salt, onion, yellow mustard seeds, whole black peppercorns, coriander seeds, tarragon flavour)
Lobster + crab salad	Lobster, crab, mayonnaise (rapeseed oil, pasturised egg, water, spirit vinegar, sugar, salt, lemon juice concentrate, flavouring, antioxidant : calcium disodium: EDTA, paprika), cucumber, celery, dill, cornishon, (water, vinegar, salt, onion, yellow mustard seeds, whole black peppercorns, coriander seeds, tarragon flavour)
Maple Walnuts	Walnuts, maple syrup, brown sugar, salt
Goats Cheese	Goats' Cheese
Crumbled Feta	Feta
Grated Parmesan	Grana Padano
Avocado	Avocado
Chipotle Caesar	Mayonnaise, grana padano, worcester sauce, white wine vinegar, lemon juice, peppercorns, salt, peeled garlic, cayenne, smoked paprika
Green Goddess	Basil, mint, spinach, dijon mustard, lemon juice, salt, sugar, olive oil, rapeseed oil
Thai Peanut	Peanut butter, rice vinegar, lime juice, rapeseed oil, tamari, maple syrup, garlic puree, ginger, chli flakes, salt, water
Green Tahini	Tahini, coriander, miso, ginger, lime juice, maple syrup, sea salt, xanthan gum
Sesa-miso	Tahini, miso, ginger, tamari, rice vinegar, water
Ranch Dressing	Mayonnaise, coconut milk, garlic, shallots, chives, parsley, basil, salt, pepper
Coco-Coriander & Lime	Ginger, garlic, jalapeno, coriander, lime juice, coconut milk, maple syrup, salt, rapeseed oil
Apple Cider Vinaigrette	Dijon mustard, apple cider vinegar, brown sugar, salt, EV olive oil, rapeseed oil
Balsamic Vinaigrette	Red wine vinegar, balsamic vinegar, sugar, EV olive oil, rapeseed oil, salt

CATEGORY	MENU ITEM	Serving Size	calories per portion (g)	calories per 100g	proteins per portion (g)	proteins per 100g	carbs per 100g	carbs of which sugars per 100g	fibre per 100g	fats per 100g	Saturates per 100g	Salt per 100g
BASES	Kale	90	24.0	26.7	1.7	1.9	5.2	1.1	1.9	0.4	0.1	0.0
	Cos	130	22.1	17	1.6	1.2	3.3	1.2	2.1	0.3	0	0
	Baby Spinach	70	16.1	23	2.0	2.9	3.6	0.4	2.2	0	0	0
	Rocket	50	12.5	25	1.3	2.6	3.7	2.1	1.6	0	0	0
	Red Rice	120	130.8	109	2.8	2.3	23	0	1.8	0.8	0.2	0.3
	Herby Chickpeas	160	210	131	10	6	13	0	7	2	2	0
TOPPING	Tomatoes	55	9.9	18	0.5	0.9	3.9	2.6	1.2	0.2	0	0
	Cucumbers	44	6.6	15	0.3	0.7	3.6	1.7	0.5	0.1	0	0
	Roasted Sweet Potatoes	66	83	126	2	3	27	8	4	2	0	0
	Antipesto peppers	50	28	55	0	0	5	3	1	3	0	2
	Roasted Corn Salsa	50	69	138	2	5	20	7	3	5	0	1
	Sesame Broccoli + Peas	64	56.8	89	3.1	5	10	3	4	4	0	0
	Umami Slaw	28	9.2	33	0.3	1	6	0	0	0	0	0
	Cucumber-Jalapeno Pickle	40	16.0	40	0.4	1	7	4	1	0	0	0.34
	Chipotle Chips	18	74.5	13	1	0	2	0	0	1	0	0
	Pickled Onions	30	22.0	73.3	0.4	1.4	14	11.7	1.5	0.5	0.1	2
	Pickled Chillli	12	5.2	43	0.2	1.9	6.1	2	2	0.9	0	4
	Everything Onions	18	103	569	2	11	37	10	7	42	16	3
	Furikake Seeds	18	106.5	592	3.8	21	12	2	9	51	7	2
	Marmite Croutons	36	87.0	242	2.5	7	35	4	2	8	3	1
	Brioche Croutons	8	46	577	1	12	69	12	4	26	12	0
	Chilli Cashew Crunch	20	121	606	3	13	20	3	7	53	6	1
HOT PREMIUMS	Honey-Mustard Chicken	120	252.0	210	36.9	31	5	4	0	6	2	1
	Coconut lime chicken breast	120	271.2	226	39.3	33	3	1	1	9	2	1
	Roast Salmon	85	204.9	241.0	21.3	25.1	0.5	0.5	15.5	2.7	1.5	
	Bold Bean Satay	160	297.4	185.9	11.6	7.2	13.2	2.6	4.7	11.2	1.8	1.8
	Sesame Chilli Tofu	120	165.6	138.0	15.3	12.8	2.4	0.7	1.3	8.3	1.3	0.2
	Black Pepper Prawns	72	88.7	123.2	18.8	26.0	1.6	0.7	0.8	1.5	0.0	0.5
	Parm + Pickle Meatballs	120	322.1	268.4	21.9	18.2	17.9	8.2	1.1	14.0	5.9	2.1
	Roasted Potatoes	120	171	142	3	3	27	4	3	3	0	0
COLD PREMIUMS	Maple Walnuts	30	162.0	540	2.2	7.3	43.2	36	3.6	36	3.6	1.5
	Goats Cheese	50	168.0	336	10.0	20	1	0.5	0	28	20	1.5
	Crumbled Feta	30	87.0	290	4.8	16	1	0.5	0	25	18	2
	Grated Parmesan	20	79.6	398	6.6	33	0	0	29	18	1.5	
	Potato Salad	130	253.89	195.30	4.44	3.41	28.73	1.75	3.02	8.11	0.59	0.48
	Lobster salad	95	174.65	183.84	8.38	8.82	1.41	0.53	0.33	0.16	2.39	0.86
	Avocado	77	123.2	160	1.5	2	8.5	0.7	6.7	15	2.1	0
DRESSINGS	Chipotle Caesar	30	117.4	391.3	1.7	5.7	3.3	1.8	0.8	41.3	5.5	1.5
	Green Goddess	30	127.1	423.7	0.3	0.9	2.5	1.4	0.9	46.1	4.3	1.5
	Thai Peanut	30	99.7	332.3	2.4	8.1	20.2	14	1.9	26.2	3.6	1
	Green Tahini	30	65.2	217.4	1.5	5.1	2.3	0.5	2.5	20.3	2.7	2.5
	Sesa-Miso	30	67.2	224.1	3.0	9.9	4.6	2.3	1.8	17.6	2.9	3.3
	Coco-Coriander & Lime	30	85.3	284.3	0.5	1.7	3.6	1	0.5	30.3	10.1	1.1
	Apple Cider Vinaigrette	30	158.3	527.6	0.1	0.4	4.5	4.0	0.3	56.9	7.4	0.3
	Balsamic Vinaigrette	30	144.5	481.7	0.0	0.0	6.9	6.4	0.0	50.4	6.6	0.0
	Ranch Dressing	30	92.4	308	0.3	1	3	2	0	32	18	0.61
SNACK	SP Cookie	75	289.5	386	3.9	5.2	53.5	33	1.2	17.4	10.9	1
	SP CAESAR - Chicken		607.5		50.9							
	w/o dressing		480.4		50.7							
	SP CAESAR - Prawns		440.9		32.6							
	w/o dressing		323.6		30.9							
	THE GOAT		814.8		52.9							
	w/o dressing		687.7		52.6							
	MEX ON THE BEACH - Chicken		739.2		48.3							
	w/o dressing		653.9		47.8							
	MEX ON THE BEACH - Tofu		571.9		23.6							

CATEGORY	MENU ITEM	Serving Size	calories per portion (g)	calories per 100g	proteins per portion (g)	proteins per 100g	carbs per 100g	carbs of which sugars per 100g	fibre per 100g	fats per 100g	Saturates per 100g	Salt per 100g
SALADS	w/o dressing		486.6		23.1							
	MISO SALMON		762.4		44.4							
	w/o dressing		695.2		41.4							
	THAI ME UP - Chicken		712.8		49.2							
	w/o dressing		613.1		46.7							
	THAI ME UP - Bold Bean Satay		758.2		23.9							
	w/o dressing		658.5		21.5							
	MEGA BABE - Salmon		633.2		30.9							
	w/o dressing		540.8		30.6							
	VEGAN LOBSTER SALAD		665.2		11.0							
	w/o dressing		506.9		10.9							
	LOBSTER SALAD		529.6		13.9							
	w/o dressing		371.3		13.8							
	MEGA BABE - Chicken		680.3		46.5							
	w/o dressing		587.9		46.2							
	THE BIG DILL		657.9		35.9							
	w/o dressing		565.5		35.6							
PRAWN STAR		636.6		36.7								
w/o dressing		519.2		35.0								
PROTEIN BOWLS	CAESAR PROTEIN BOWL		1066.8		86.5							
	w/o dressing		949.4		84.8							
	RANCH PROTEIN BOWL		1104.8		53.1							
	w/o dressing		1012.4		52.8							
	SATAY PROTEIN BOWL		946.9		40.7							
	w/o dressing		847.2		38.3							
	PRAWN PROTEIN BOWL		532.0		54.7							
w/o dressing		466.8		53.1								
SIDES	Tofull to the Brim		354.1		20.8							
	Hail, Caesar!		471.9		40.6							
	Mex Pot		263.4		8.1							
	Mini GOAT		541.1		39.3							
	Mini Prawnstar		364.0		41.5							