

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

Fat40

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

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

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

Prawn 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 54

Carbs 35

Fat 15

Sides

Hail, Caesar

Honey mustard chicken, everything onions, chipotle caesar dressingicken, 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-coriader + lime dressing

Milk, mustard, sulphite

Calories 263

Protein 8

Carbs 15

Fat 19