

Allergen Guide: The Salad Project

Version: 9th March 2026

X : Contains

Y : Suitable for

At The Salad Project, our food is freshly prepared in our kitchens, where all **14 major allergens** are handled. While we follow strict hygiene and cross-contamination controls, **we cannot guarantee that any dish is completely free from allergens**. Some ingredients are produced by suppliers who also handle allergens, meaning cross-contamination may occur at supplier level. If you have a **food allergy or intolerance**, please speak to a member of the team before ordering.

"While our **chicken thigh meat is halal-certified**, other ingredients used in our kitchens are **not certified**. We also handle **non-halal ingredients** in this kitchen. If you wish for further visibility on our ingredients and cooking processes, please speak to a member of staff before ordering."

CATEGORY	PRODUCTS	Cereals containing gluten	Crustacean	Eggs	Fish	Soya	Milk	Tree Nuts	Peanuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Garlic	Halal	
Toppings	Roasted Sweet Potatoes															X	Y	
	Cherry Tomatoes																	Y
	Cucumber																	Y
	Peppers + Capers												X					Y
	Roasted Corn																	Y
	Broccoli + Peas					X												Y
	Sesame Slaw					X						X						Y
	Cucumber-Chilli Pickle												X					Y
	Pickled Onions												X					Y
	Pickled Chilli												X					Y
	Chipotle Chips																	Y
	Furikake Seeds												X					Y
	Marmite Croutons	X					X			X								Y
	Chilli Cashew Crunch					X		X										Y
Hot Premiums	Chopped Honey Mustard Chicken										X		X			X	Y	
	Cajun Chicken Thigh			X												X	Y	
	Roasted Salmon				X												Y	
	Bold Bean Satay					X			X			X				X		
	Sesame Chilli Tofu					X						X						
	Falafel					X				X	X	X	X			X	Y	
	Hot Honey Potatoes															X	Y	
Cold Premiums	Maple Walnuts							X									Y	
	Goat's Cheese						X										Y	
	Crumbled Feta						X										Y	
	Crumbled Parmesan			X			X											
	Black Pepper Prawns		X													X	Y	
	Avocado																Y	
	Hummus											X				X	Y	
Dressings	Chipotle Caesar	X		X	X		X						X			X		
	Green Goddess										X						Y	
	Thai Peanut					X			X							X	Y	
	Green Tahini					X						X	X				Y	
	Sesa-Miso					X						X						
	Coco-Coriander & Lime															X	Y	
	Apple Cider Vinaigrette										X		X				Y	

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	Miso Maple Walnut Matcha Coconut Milk					X		X									Y
Coffee	Espresso 4oz																Y
	Cortado Whole Milk						X										Y
	Cortado Semi-Skimmed Milk						X										Y
	Cortado Oat milk	X															Y
	Cortado Coconut milk																Y
	Machiato Whole Milk						X										Y
	Machiato Semi-Skimmed Milk						X										Y
	Machiato Oat Milk	X															Y
	Machiato Coconut Milk																Y
	Americano 12oz																Y
	Americano Whole Milk						X										Y
	Americano Semi-Skimmed Milk						X										Y
	Americano Oat Milk	X															Y
	Americano Coconut Milk																Y
	Flat White Whole Milk						X										Y
	Flat White Semi-Skimmed Milk						X										Y
	Flat White Oat Milk	X															Y
	Flat White Coconut Milk																Y
	Cappuccino Whole Milk						X										Y
	Cappuccino Semi-Skimmed Milk						X										Y
Cappuccino Oat Milk	X															Y	
Cappuccino Coconut Milk																Y	
Latte Whole Milk						X										Y	
Latte Semi-Skimmed Milk						X										Y	
Latte Oat Milk	X															Y	
Latte Coconut Milk																Y	
Tea	English Breakfast Tea Whole Milk						X										Y
	English Breakfast Tea Semi-Skimmed Milk						X										Y
	English Breakfast Tea Oat Milk	X															Y
	English Breakfast Tea Coconut Milk																Y
	Camomile Tea																Y
	Peppermint Tea																Y
	Broccoli + Pickled Chilli					X						X					Y

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BYO Catering	Sweet Potatoes, Maple Walnuts + Goat's Cheese						X	X								X	Y	
	Kale Caesar	X		X	X		X						X			X		
	Roasted Corn + Feta						X						X			X	Y	
	Spiced Chickpeas + Pomegranate																Y	
	Hummus + Chilli Cashew Crunch					X		X				X				X	Y	
	Hot Honey Potatoes (catering)			X			X									X		
	Bold Bean Satay (catering)					X			X			X				X		
	Sesame Chilli Tofu (catering)					X						X						
	Roasted Salmon (catering)				X													Y
	Honey Mustard Chicken + Chilli Cashew Crunch					X		X			X		X				X	Y
	Cajun Chicken Thighs (catering)	X		X													X	Y
	The Protein Set	X		X	X	X	X	X	X		X	X	X				X	
	The Plant Set	X		X	X	X	X	X	X	X			X	X			X	

Salads

Thai Me Up

GF if chicken

Kale, Camargue red rice, roasted corn, sesame slaw, cucumber, chilli cashew crunch, honey mustard chicken, thai peanut dressing, lime squeeze

Thai peanut dressing + lime squeeze

Mustard, Sulphites, Tree Nuts, Peanuts, Cashews, Sesame, Soya

Calories 667
Protein 48
Carbs 43
Fat 36

Mex on the Beach

GF **V** **VG** if tofu

Spinach, roasted corn, pickled onion, cucumber, cucumber-chilli pickle, chipotle chips, sesame chilli tofu *coriander, avocado, coco-coriander + lime dressing

Coco-coriander + lime dressing

Sulphites, Soya, Sesame

Calories 676
Protein 28
Carbs 36
Fat 40

Thai Me Up

GF **V** **VG** if satay

Kale, Camargue red rice, roasted corn, sesame slaw, cucumber, chilli cashew crunch, thai peanut dressing, Bold Bean satay, thai peanut dressing, lime squeeze

Thai peanut dressing + lime squeeze

Mustard, Tree Nuts, Peanuts, Soya, Cashews, Sesame

Calories 723
Protein 23
Carbs 62
Fat 39

Mex on the Beach

GF if chicken

Spinach, roasted corn, pickled onion, cucumber, cucumber-chilli pickle, chipotle chips, avocado, honey mustard chicken, coco-coriander + lime dressing

Coco-coriander + lime dressing

Mustard, Sulphites

Calories 721
Protein 45
Carbs 48
Fat 42

Salads

The SP Caesar

if prawns

Cos, kale, cherry tomatoes, BBQ crispy onions, crumbled parmesan (unpasteurised), black pepper prawns, chipotle caesar dressing

Chipotle caesar dressing

Gluten, Eggs, Milk, Sulphites, Crustaceans

Calories 399

Protein 23

Carbs 22

Fat 21

Middle Feast



Spinach, spiced chickpeas, cucumber, roasted sweet potatoes, furikake seeds, pickled chilli, pomegranate salsa, falafel, hot honey mustard vinaigrette

Green tahini or hot honey mustard vinaigrette

Celery, Mustard, Soya, Sesame, Sulphites

Calories 810

Protein 28

Carbs 86

Fat 32

The SP Caesar

if chicken

Cos, kale, cherry tomatoes, BBQ crispy onions, crumbled parmesan (unpasteurised), honey mustard chicken, chipotle caesar dressing

Chipotle caesar dressing

Gluten, Milk, Mustard, Sulphites, Fish, Eggs,

Calories 585

Protein 60

Carbs 27

Fat 34

The GOAT



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

Green goddess dressing

Milk, Mustard, Sulphites, Tree Nuts, Walnuts

Calories 844

Protein 55

Carbs 52

Fat 44

Salads

Miso Salmon



Kale, Camargue red rice, roasted corn, broccoli + peas, sesame slaw, chilli cashew crunch, roasted salmon, sesa-miso dressing

Sesa-miso dressing

Fish, Tree Nuts, Cashews, Soya, Sesame

Calories 623

Protein 40

Carbs 40

Fat 36

Protein Bowls

Middle Feast Protein Bowl

GF if chicken

Rocket, spiced chickpeas x2, cucumber, pomegranate salsa, hummus, cajun chicken thighs, green tahini dressing

Green tahini dressing

Eggs, Soya, Sesame, Sulphites

Calories 1151

Protein 84

Carbs 86

Fat 43

Caesar Protein Bowl

Camargue red rice, spinach, cucumber, chilli cashew crunch, hot honey potatoes, cajun chicken thighs, chipotle caesar dressing

Chipotle caesar dressing

Gluten, Eggs, Fish, Soya, Milk, Tree Nuts, Sulphites

Calories 1040

Protein 71

Carbs 66

Fat 50

Middle Feast Protein Bowl

GF **V** **VG** if falafel

Spiced chickpeas x2, rocket, cucumber, pomegranate salsa, hummus, falafel, green tahini dressing

Green tahini dressing

Mustard, Celery, Sesame, Sulphites, Soya

Calories 973

Protein 49

Carbs 108

Fat 31

BBQ Protein Bowl

Camargue red rice, spiced chickpeas, cos, cucumber, BBQ crispy onions, roasted sweet potato, pickle ranch dressing, cajun chicken thighs, BBQ sauce,

Pickle ranch + BBQ sauce

Gluten, Eggs, Mustard, Sulphites

Calories 1181

Protein 82

Carbs 96

Fat 46

Protein Bowls

Satay Protein Bowl

GF **V** **VG** if tofu

Camargue red rice x2, spinach, sesame slaw, furikake seeds, sesame chilli tofu *coriander, Bold Bean satay, thai peanut dressing, lime squeeze

Thai peanut dressing + lime squeeze

Peanuts, Soya, Sesame

Calories 993

Protein 46

Carbs 72

Fat 54

Satay Protein Bowl

GF if chicken

Camargue red rice x2, spinach, sesame slaw, furikake seeds, cajun chicken thighs, Bold Bean satay, thai peanut dressing, lime squeeze

Thai peanut dressing + lime squeeze

Sesame, Peanuts, Soya, Eggs, Soya

Calories 1092

Protein 73

Carbs 76

Fat 57

Surf + Turf Protein Bowl

GF

Camargue red rice x2, cos, roasted corn, chilli cashew crunch, cajun chicken thighs, black pepper prawns, coco-coriander + lime, lime squeeze

Coco-Coriander + lime

Crustaceans, Eggs, Tree Nuts, Soya, Cashews

Calories 868

Protein 63

Carbs 51

Fat 40

Sides

Mex Pot



Roasted corn, pickled onions, crumbled feta,
coco-coriander + lime dressing

Coco-coriander + lime dressing

Milk, Sulphites

Calories 423

Protein 10

Carbs 16

Fat 34

Mini GOAT



Goat's cheese, maple walnuts, honey mustard
chicken, green goddess dressing

Green goddess dressing

Milk, Tree Nuts, Walnuts, Mustard, Sulphites

Calories 788

Protein 59

Carbs 24

Fat 55

Tofull to the Brim



Sesame chilli tofu *coriander, chilli cashew
crunch, sesa-miso dressing

Sesa-miso dressing

Tree Nuts, Cashews, Soya, Sesame

Calories 422

Protein 24

Carbs 8

Fat 28

Falafel + Hummus



Falafel, hummus

Celery, Mustard, Sesame, Soya, Sulphites

Calories 600

Protein 13

Carbs 29

Fat 8

Sides

Mini Prawnstar

Roasted corn salsa, black pepper prawns

Chipotle Caesar dressing

Milk, Fish, Gluten, Wheat, Crustaceans, Eggs,
Sulphites

Calories 331

Protein 17

Carbs 16

Fat 20

Hail, Caesar

Cajun chicken, BBQ onions, chipotle caesar dressing

Chipotle Caesar dressing

Gluten, Eggs, Fish, Milk, Sulphites, Wheat

Calories 550

Protein 37

Carbs 17

Fat 37

Aioli + Potatoes

GF

Hot honey potatoes + aioli

Eggs

Calories 463

Protein 0

Carbs 41

Fat 6

Ingredients

Kale



Calories 18
Protein 1
Carbs 3
Fat 0

Spinach



Calories 16
Protein 2
Carbs 2
Fat 0

Spiced Chickpeas



Calories 232
Protein 13
Carbs 26
Fat 5

Avocado



Calories 136
Protein 1
Carbs 7
Fat 12

Cos



Calories 31
Protein 1
Carbs 6
Fat 0

Rocket



Calories 18
Protein 2
Carbs 2
Fat 0

Camargue Red Rice



Calories 72
Protein 1
Carbs 15
Fat 0

Pomegranate Salsa



Calories 24
Protein 0
Carbs 4
Fat 0

Ingredients

Roasted Sweet Potatoes

V VG GF

Calories 91

Protein 0

Carbs 21

Fat 0

Cucumber

V VG GF

Calories 5

Protein 0

Carbs 0

Fat 0

Chipotle Chips

V VG GF

Calories 74

Protein 1

Carbs 10

Fat 3

Pickled Chilli

V VG GF

Calories 8

Protein 1

Carbs 6

Fat 0

Cherry Tomatoes

V VG GF

Calories 8

Protein 0

Carbs 1

Fat 0

Roasted Corn

V VG GF

Calories 69

Protein 2

Carbs 10

Fat 1

Marmite Croutons

Gluten, Milk, Celery

Calories 87

Protein 1

Carbs 12

Fat 2

Chilli Cashew Crunch

V VG GF

Soya, Cashews, Tree Nuts

Calories 121

Protein 2

Carbs 3

Fat 10

Ingredients

Peppers + Capers

V VG GF

Sulphites

Calories 2

Protein 0

Carbs 2

Fat 2

Sesame Slaw

V VG GF

Soya, Sesame

Calories 12

Protein 0

Carbs 2

Fat 1

Pickled Onions

V VG GF

Sulphites

Calories 13

Protein 0

Carbs 3

Fat 0

Broccoli + Peas

V VG GF

Soya

Calories 50

Protein 3

Carbs 4

Fat 1

Cucumber-Chilli-Pickle

V VG GF

Sulphites

Calories 16

Protein 0

Carbs 2

Fat 0

Furikake Seeds

V VG GF

Sesame

Calories 8

Protein 4

Carbs 3

Fat 10

Cold Premiums

Maple Walnuts

V VG GF

Tree Nuts, Walnuts

Calories 162

Protein 3

Carbs 12

Fat 10

Crumbled Feta

GF

Milk

Calories 147

Protein 8

Carbs 0

Fat 12

Hummus

V VG GF

Sesame

Calories 222

Protein 12

Carbs 22

Fat 7

Goats Cheese

GF

Milk

Calories 137

Protein 7

Carbs 1

Fat 11

Crumbled Parmesan

GF

Milk, Eggs

Calories 79

Protein 6

Carbs 0

Fat 5

BBQ Crispy Onions

V VG

Gluten

Calories 94

Protein 1

Carbs 12

Fat 4

Hot Premiums

Chopped Honey Mustard Chicken

GF

Mustard, Garlic, Halal, Sulphites

Calories 278

Protein 38

Carbs 7

Fat 14

Roasted Salmon

GF

Fish, Halal

Calories 219

Protein 26

Carbs 0

Fat 14

Sesame Chilli Tofu

V VG GF

Soya, Sesame

Calories 233

Protein 21

Carbs 5

Fat 15

Cajun Chicken Thigh

GF

Eggs, Garlic, Halal

Calories 166

Protein 21

Carbs 1

Fat 15

Bold Bean Satay

V VG GF

Soya, Peanuts, Sesame, Garlic

Calories 334

Protein 13

Carbs 26

Fat 17

Falafel

V VG GF

Soya, Celery, Mustard, Sesame, Sulphites, Garlic, Halal

Calories 155

Protein 8

Carbs 24

Fat 3

Hot Premiums

Hot Honey Potatoes



Garlic, Halal

Calories 231

Protein 0

Carbs 41

Fat 6

Dressings

Green Goddess

V VG GF

Mustard

Calories 97

Protein 0

Carbs 0

Fat 14

Green Tahini

V VG GF

Soya, Sulphites, Sesame

Calories 91

Protein 0

Carbs 3

Fat 0

Apple Cider Vinaigrette

V VG GF

Mustard

Calories 226

Protein 0

Carbs 1

Fat 15

Thai Peanut

V VG GF

Peanuts, Soya

Calories 97

Protein 1

Carbs 3

Fat 7

Sesa-Miso

V VG GF

Soya, Sulphites, Sesame

Calories 67

Protein 2

Carbs 2

Fat 5

Hot Sauce

V VG GF

Sulphites

Calories 91

Protein 0

Carbs 3

Fat 8

Dressings

Pickle Ranch



Sulphites, Mustard, Eggs

Calories 110

Protein 0

Carbs 0

Fat 11

BBQ Sauce



Calories 91

Protein 0

Carbs 15

Fat 0

Chipotle Caesar

Gluten, Fish, Wheat, Sulphites, Eggs, Milk

Calories 100

Protein 1

Carbs 2

Fat 9

Hot Honey Vinaigrette



Sulphites, Mustard

Calories 130

Protein 0

Carbs 5

Fat 11

Coco-Coriander



Calories 96

Protein 0

Carbs 1

Fat 10

Food FAQs

Do you cater for allergies and/or intolerances?

We take allergies very seriously. However, all of our food is prepared in kitchens that handle all 14 major allergens and is served from open salad bars. While we do our best to avoid cross-contamination, we cannot guarantee that any dish is completely allergen-free.

If you have an allergy, please speak to a team member before ordering — we'll help you find the safest options available.

Is your food halal?

All of our chicken is halal-certified, sourced from trusted Red Tractor suppliers. However, we do handle non-halal ingredients in our kitchens and our ovens. Items labelled 'halal' on our ingredient guide are not made using products that are halal-certified; they contain no non-halal ingredients.

Why does nutritional information look different on the ordering platform vs your website?

Our nutritional data is built from standard recipes and verified ingredients. Occasionally, slight differences appear between our website and delivery platforms because of rounding, platform formatting or if items are 'out of stock' in our stores. Rest assured, both sets of values come from the same core recipes and any differences are minimal; but your permanent source of truth should be the Allergen Guide linked on the Food page of our website.

What type of chicken do you serve?

We use fresh, skinless, boneless chicken thigh for its flavour and tenderness. It's halal-certified and cooked in small batches using a combination of steam and roasting for a juicy, caramelised finish. No chicken is removed from the oven before reaching a safe temperature.



Food FAQs

Why are items missing from the menu?

Our teams do their best to ensure your favourites are never out of stock, but as we cook all ingredients fresh on site, there may be instances when we run out of certain items before the day is through. Our teams always use this as a learning to avoid it happening in future, so we thank you for your patience in these instances and we'll be sure to get your go-to back in service as quickly as possible!

I have intolerances to specific ingredients outside of an allergen matrix. Can you help me?

We understand that intolerances can go beyond the 14 listed allergens. While we can't guarantee the absence of any ingredient due to our shared preparation environment, our team can guide you toward dishes that are less likely to contain the ingredient you're avoiding. Please chat with us in-store before ordering, or drop us an email at support@saladproject.co.uk - we're here to help you make the best choice.

Have another question?

Get it touch with us by emailing
support@saladproject.co.uk

