

# Salads

## Thai Me Up

**GF** if chicken

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

Thai peanut dressing + lime squeeze

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

Calories 727

Protein 56

Carbs 45

Fat 40

## 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

Milk, Mustard, Sulphites, 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, cajun chicken thighs, coco-coriander + lime dressing

Coco-coriander + lime dressing

Eggs, Sulphites

Calories 776

Protein 49

Carbs 33

Fat 40

# 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, Mustard, Sesame, Sulphites, Fish, Soya

Calories 502

Protein 24

Carbs 36

Fat 26

## 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 16

Fat 32

## The SP Caesar

if chicken

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

Chipotle caesar dressing

Gluten, Milk, Mustard, Sesame, Sulphites, Fish, Eggs, Wheat

Calories 639

Protein 55

Carbs 35

Fat 40

## The GOAT



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

Green goddess dressing

Milk, Mustard, Sulphites, Tree Nuts, Walnuts

Calories 903

Protein 52

Carbs 51

Fat 43

# 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, Sulphites

Calories 623

Protein 40

Carbs 40

Fat 36

# Protein Bowls

## Falafel Protein Bowl

**GF** if chicken

Rocket, spiced chickpeas x2, cucumber, pomegranate salsa, hummus, cajun chicken thighs x2, 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, honey mustard chicken thighs x3, chipotle caesar dressing

Chipotle caesar dressing

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

Calories 1053

Protein 77

Carbs 76

Fat 53

## Falafel Protein Bowl

**GF** if falafel

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

Green tahini dressing

Mustard, Celery, Sesame, Sulphites

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, BBQ sauce

Pickle ranch + BBQ sauce

Gluten, Wheat, Eggs, Mustard, Sulphites

Calories 1194

Protein 88

Carbs 106

Fat 49

# 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, Tree Nuts

Calories 993

Protein 46

Carbs 72

Fat 54

## Satay Protein Bowl

**GF** if chicken

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

Thai peanut dressing + lime squeeze

Tree Nuts, Peanuts, Soya, Mustard, Sulphites

Calories 1097

Protein 71

Carbs 75

Fat 56

## Surf + Turf Protein Bowl

**GF**

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

Coco-Coriander + lime

Crustaceans, Eggs, Fish, Tree Nuts, Soya, Cashews, Sulphites

Calories 868

Protein 63

Carbs 51

Fat 40

# Small Protein Bowls

## Falafel Protein Bowl

if chicken

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

Green tahini dressing

Eggs, Soya, Sesame, Sulphites

Calories 802

Protein 49

Carbs 58

Fat 37

## Caesar Protein Bowl

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

Chipotle caesar dressing

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

Calories 633

Protein 50

Carbs 47

Fat 30

## Falafel Protein Bowl

if falafel

Rocket, spiced chickpeas, cucumber,  
pomegranate salsa, hummus, falafel, green tahini

Green tahini dressing

Mustard, Celery, Sesame, Sulphites

Calories 850

Protein 51

Carbs 69

Fat 37

## BBQ Protein Bowl

Camargue red rice, cos, spiced chickpeas,  
pomegranate salsa, bbq crispy onions, roasted  
sweet potatoes, cajun chicken thighs, pickle  
ranch dressing, BBQ sauce

Pickle ranch dressing + BBQ sauce

Gluten, Wheat, Eggs, Mustard, Sulphites

Calories 786

Protein 50

Carbs 75

Fat 35

# Small Protein Bowls

## Surf + Turf Protein Bowl

GF

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

Thai peanut dressing + lime squeeze

Crustaceans, Eggs, Fish, Tree Nuts, Soya, Cashews, Sulphites

Calories 660

Protein 37

Carbs 34

Fat 39

## Satay Protein Bowl

GF

V

VG

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

Thai peanut dressing + lime squeeze

Peanuts, Soya, Tree Nuts, Sesame

Calories 687

Protein 22

Carbs 52

Fat 37

# Sides

## Mex Pot



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

Coco-coriander + lime dressing

Milk

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 771

Protein 56

Carbs 23

Fat 54

## Tofull to the Brim



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

Sesa-miso dressing

Sulphites, Tree Nuts, Soya, Cashews

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, Walnuts, 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, Garlic, Sulphites, Wheat

Calories 533

Protein 37

Carbs 22

Fat 44

## Aioli + Potatoes

GF

Hot honey potatoes + aioli

Eggs, Sulphites

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

Sulphites

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

## Maple Walnuts

V VG GF

Tree Nuts, Walnuts

Calories 162

Protein 3

Carbs 12

Fat 10

## Crumbled Feta

GF

Milk

Calories 137

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

# Ingredients

## Peppers + Capers

V VG GF

Sulphites

Calories 2

Protein 0

Carbs 2

Fat 2

## Sesame Slaw

V VG GF

Soya, Sesame, Sulphites

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

# Dressings

## Green Goddess

V VG GF

Sulphites, 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, Sulphites

Calories 226

Protein 0

Carbs 1

Fat 15

## Thai Peanut

V VG GF

Peanuts, Tree Nuts, 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

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**Version: 12th December 2025**  
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**Y : Suitable for**

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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."**

[illegible]



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CATEGORY	PRODUCTS	Cereals containing gluten	Crustacean	Eggs	Fish	Soya	Milk	Tree Nuts	Peanuts	Celery	Mustard	Sesame seeds	Suphites	Lupin	Molluscs	Garlic	Halal
Toppings	Pomegranate Salsa																Y
	BBQ Crispy Onions	X															Y
	Roasted Sweet Potatoes															X	Y
	Cherry Tomatoes																Y
	Cucumber																Y
	Peppers + Capers												X				Y
	Roasted Corn																Y
	Broccoli + Peas																Y
	Sesame Slaw					X						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	Honey Mustard Chicken Thigh										X		X			X	Y
	Cajun Chicken Thigh			X									X			X	Y
	Roasted Salmon				X												Y
	Bold Bean Satay					X			X			X				X	
	Sesame Chilli Tofu					X						X	X				
	Falafel					X				X	X	X	X			X	Y
	Hot Honey Potatoes												X			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
	Chipotle Caesar	X		X	X		X						X			X	
	Green Goddess										X		X				Y
	Thai Peanut					X			X							X	Y
	Green Tahini					X						X	X				Y
	Sesa-Miso					X						X					

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# INGREDIENT ALLERGEN GUIDE: THE SALAD PROJECT

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	MENU ITEMS	INGREDIENTS
Bases	Kale	Kale
	Cos	Cos lettuce
	Baby Spinach	Spinach
	Rocket	Rocket
	Red Rice	Red rice, salt, water
	Spiced Chickpeas	Chickpeas, chipotle chilli flakes, cumin seeds, table salt, ground cumin, olive oil
Topping	Tomatoes	Tomatoes
	Cucumbers	Cucumber
	Roasted Sweet Potatoes	Sweet potatoes, cracked black pepper, <b>garlic</b> powder, salt, rapeseed oil, dried rosemary, cooking oil
	Peppers + capers	Roasted peppers, water, vinegar ( <b>SULPHITES</b> ), salt, sugar, capers, dried oregano
	Roasted corn	Sweetcorn, salt, rapeseed oil, smoked paprika, tajin
	Broccoli + peas	Broccoli, rapeseed oil, salt, edamame, peas
	Sesame slaw	Cabbage, apple cider vinegar ( <b>SULPHITES</b> ), salt, tamari ( <b>SOY</b> ), <b>SESAME</b> oil
	Cucumber-chilli Pickle	Cucumber, dill, jalapeno, white wine vinegar ( <b>SULPHITES</b> ), salt, sugar
	Pickled Onions	Red onion, white wine vinegar ( <b>SULPHITES</b> ), caster sugar, salt, lime juice, pickled red cabbage juice, sugar, water
	Pickled Chilli	Red chilli, green chilli, sugar, salt, water, apple cider vinegar ( <b>SULPHITES</b> )
	BBQ Onions	Fried onions (onions, palm oil, <b>WHEAT</b> Flour), brown sugar, smoked paprika, cracked black pepper, table salt
	Chipotle Chips	Tortilla chips (Corn flour (69%), sunflower oil, barbeque seasoning, (flavour, maltodextrin, salt, sucrose, flavour enhancers (glutamate, disodium guanylate and disodium inosinate), glucose, acidifier (citric acid), coloring, (paprika extract) and smoke aroma), chipotle chilli flakes
	Pomegranate Salsa	Pomegranate seeds, red onion, parsley, lime juice, olive oil, sea salt
	Toasted Furikake Seeds	Furikake, Black <b>SESAME</b> , White <b>SESAME</b> , salted shiso leaf, ao nori, sunflower seeds, <b>SESAME</b> seeds, pumpkin seeds, flax seeds, olive oil, sea salt
Hot Premiums	Marmite Croutons	Crumpets ( <b>FLOUR</b> , yeast, water, <b>MILK</b> , salt), salted butter, rapeseed oil, maple syrup. Marmite: yeast extract ( <b>BARLEY</b> , <b>WHEAT</b> , <b>OATS</b> , <b>RYE</b> ) salt, vegetable juice, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid) natural flavouring (contains <b>CELERY</b> )
	Chilli cashew crunch	<b>CASHEWS</b> , linseed, sunflower seeds, crispy chilli oil (soybean oil, chilli (35%), onion, fermented <b>SOYBEAN</b> ( <b>SOYBEAN</b> , water), salt, sichuan pepper, salt, flavour enhancer E621
	Honey-Mustard Chicken Thigh	Wholegrain <b>MUSTARD</b> , brown sugar, <b>garlic</b> powder, balsamic vinegar, salt, pepper, chicken thigh, chives, maple syrup, cider vinegar ( <b>SULPHITES</b> ), cayenne pepper, chipotle chilli flakes, honey.
	Cajun Chicken Thigh	Chicken thigh, mayonnaise, (rapeseed oil, <b>pasteurised EGG</b> , water, spirit vinegar, sugar, salt, lemon juice concentrate, flavouring, antioxidant (calcium disodium EDTA), paprika extract, ( <b>SULPHITES</b> ) black pepper, sunflower oil, smoked paprika, thyme, salt, oregano, <b>garlic</b> , lemon juice.
	Falafel	Chickpeas, peas, <b>CELERY</b> , <b>MUSTARD</b> , chickpea flour, polenta: (100% Corn), onion, cornflower, salt, <b>garlic</b> , curry powder, MSG flavouring (pure monosodium glutamate (E621) flavour enhancer), dark brown sugar - (sugar cane, cane molasses.), bicarbonate soda - raising agent, (E500 - sodium carbonates), parsley, green tahini (Coriander, tahini ( <b>SESAME</b> ), water, rapeseed oil, <b>SESAME</b> oil, lime juice, <b>SOYA</b> , ginger, miso, table salt, white wine vinegar ( <b>SULPHITES</b> ))
	Roasted Salmon	<b>SALMON</b> , salt, black pepper
	Sesame Chilli Tofu	Organic tofu ( <b>SOY</b> ), tahini ( <b>SESAME</b> seeds), miso, ginger, tamari ( <b>SOY</b> ), rice vinegar ( <b>SULPHITES</b> ), water, crispy chilli oil ( <b>SOYBEAN</b> oil, chilli (35%), onion, fermented soybean (soybean, water), salt, sichuan pepper, salt, flavour enhancer E621), coriander
	Black Pepper Prawns	<b>PRAWNS</b> , <b>garlic</b> powder, black pepper, salt
Cold Premium	Bold Bean satay	Peanut butter ( <b>PEANUTS</b> , sea salt), miso, maple syrup, rice vinegar ( <b>SULPHITES</b> ), tamari, sesame oil, turmeric, crispy chilli oil ( <b>SOYBEAN</b> oil, chilli (35%), onion, fermented <b>SOYBEAN</b> ( <b>SOYBEAN</b> , water), salt, sichuan pepper, salt, flavour enhancer E621, coriander
	Hot Honey Potatoes	Baby potatoes, olive oil, maple syrup, honey, table salt, cider vinegar ( <b>SULPHITES</b> ), <b>garlic</b> granules, black sugar, cracked black pepper, smoked paprika, cayenne, chipotle chilli flakes
	Maple Walnuts	<b>WALNUTS</b> maple syrup, brown sugar, salt
	Goats Cheese	<b>Goats' Cheese</b> (Pasteurised Goat's <b>MILK</b> , Salt, Microbial Rennet, Cultures (Lactic Ferments), <b>Penicillium</b> )
	Crumbled Feta	<b>Feta</b> (Pasteurised Sheep & Goat's <b>MILK</b> )
	Grated Parmesan	Grana Padano [Unpasteurised Cow's <b>MILK</b> , Salt, Animal Rennet, Preservative (Lysozyme E1105 - <b>EGG</b> )]
	Hummus	Chickpeas, tahini ( <b>SESAME</b> seeds), garlic, olive oil, cooking oil, cumin, table salt, fresh lemon juice
	Avocado	Avocado
	Chipotle Caesar	Mayonnaise: (rapeseed oil, water, spirit vinegar, pasteurised <b>EGG</b> yolk, modified starch, sugar, salt, thickener(xanthan gum), lemon juice concentrate, potassium sorbate, flavourings, antioxidant (calcium disodium EDTA), paprika extract), cheese ( <b>MILK</b> ), water, lemon juice, worcester sauce - malt vinegar( from <b>BARLEY</b> ), spirit vinegar, molasses, sugar, salt, anchovies ( <b>FISH</b> ), tamarind extract, onion, garlic, spice, flavourings, <b>garlic</b> , salt, white wine vinegar ( <b>SULPHITES</b> ), black pepper, smoked paprika, cayenne pepper.
	Green Goddess	Rapeseed oil (antifoaming agent E900), water, olive oil, lemon juice, mint, basil, spinach, salt, dijon <b>MUSTARD</b> , (water, <b>MUSTARD</b> seed, spirit vinegar, salt, acidity regulator, citric acid), White Cane Sugar (100%),
	Thai Peanut	Water, Smooth <b>Peanut</b> Pip Butter ( <b>PEANUTS</b> , sea salt ), Rapeseed oil (rapeseed oil, antifoaming agent E900), Lime juice (FR) - (100% freshly squeezed Lime juice.), Maple Syrup (liquid sugar, maple syrup), Kikkoman <b>SOY</b> Gluten Free (water, <b>SOYBEANS</b> , salt, spirit vinegar), Salt Cooking, Peeled Garlic (AJ), Chilli - Crushed / flakes 300g, Xanthan
	Green Tahini	Coriander, tahini ( <b>SESAME</b> seeds), water, rapeseed oil, <b>SESAME</b> oil, lime juice, ginger, miso ( <b>SOYBEANS</b> ), table salt, white wine vinegar ( <b>SULPHITES</b> )
	Sesa-miso	Water, tahini ( <b>SESAME</b> seeds), rice vinegar, harrow miso (water, <b>SOYBEANS</b> , rice salt), tamari soy sauce (water, <b>SOYBEANS</b> , (28%), salt, rice, alcohol (3%)), ginger, xanthan
	Pickle Ranch Dressing	Hellmans's Mayonnaise: (Rapeseed oil (50%), water, spirit vinegar, pasteurised <b>EGG</b> yolk (3.4%), modified starch, sugar, salt, thickener(xanthan gum), lemon juice concentrate, preservative (potassium sorbate), flavourings, antioxidant (calcium disodium EDTA), paprika extract), gherkins (gherkins, water, salt, potassium matabisulphate ( <b>SULPHITES</b> )), sugar, spirit vinegar, dried onions, red bell peppers, <b>MUSTARD</b> seeds, dill seeds, pickle seeds, white wine vinegar ( <b>SULPHITES</b> ), chives, parsley, basil.

# INGREDIENT ALLERGEN GUIDE: THE SALAD PROJECT

VERSION: 12th December 2025

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**.

	MENU ITEMS	INGREDIENTS
Dressing	Coco-Coriander & Lime	Coconut Milk (coconut extract, water, stabilisers guar gum, carboxy methyl cellulose, emulsifier sucrose esters of fatty acids), rapeseed oil, antifoaming agent E900, water, coriander, lime, ginger, jalapeno green, salt, maple syrup (liquid sugar, maple syrup), garlic, xanthan
	Apple Cider Vinaigrette	Rapeseed oil, antifoaming agent E900, cider vinegar ( <b>SULPHITES</b> , water) olive oil, water, dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt, acidity regulator, citric acid), sugar, salt
	Hot Honey Vinaigrette	White wine vinegar ( <b>SULPHITES</b> ), rapeseed oil, <b>MUSTARD</b> wholegrain, dark brown sugar, olive oil, dijon <b>MUSTARD</b> , maple syrup, salt, cayenne, black pepper.
	BBQ Sauce	Water, sugar, tomatoes, acidity regulator, acetic acid, modified starch, salt, colour: caramel, spices, smoke flavouring, potassium sorbate, tamarind extract, molasses, stabilisers, xanthan gum, guar gum.
	Aioli	Mayonnaise, (rapeseed oil, <b>pasteurised EGG</b> , water, spirit vinegar ( <b>SULPHITES</b> ), sugar, salt, lemon juice concentrate, flavouring, antioxidant (calcium disodium EDTA), paprika extract) smoked paprika, lemon juice, <b>garlic</b> , salt
	Balsamic vinegar	Wine vinegar ( <b>SULPHITES</b> ) concentrated grape
	Glug Olive Oil	Olives
	Hot Sauce	Roasted red peppers (red peppers, water, salt, citric acid) , rapeseed oil, lime juice, cider vinegar (cider vinegar, water, <b>SULPHITES</b> ), sugar, salt, cayenne pepper, smoked paprika, xanthan.
Baked Goods	SP Cookie	Brown sugar, caster sugar, <b>EGG</b> , baking powder, bicarb soda, <b>WHEAT</b> flour, dark chocolate, salted butter ( <b>MILK</b> )
	Croissant	<b>WHEAT</b> Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)), Trimoline (Inverted Sugar Syrup, Water), Sugar, Salt, <b>MILK</b> Powder (Whey Powder ( <b>MILK</b> ), Fully Hydrogenated Vegetable Oil (Palm Kernel, Palm), Skimmed <b>MILK</b> Powder, Dried Glucose Syrup, Whey Protein Concentrate ( <b>MILK</b> ), Lactose ( <b>MILK</b> ), Sodium Caseinates (Milk), Acidity Regulators (Trisodium Citrate, Dipotassium Phosphate), Anti-Caking Agent (Tricalcium Phosphate), Emulsifier (Sodium Stearoyl-2-Lactylate)), Improver ( <b>WHEAT</b> Flour, Emulsifier (E472E), Flour Treatment Agent (E300), Enzyme (Alpha-Amylase, Xylanase)), Yeast, Water, Butter ( <b>MILK</b> ), <b>EGG</b> Wash (Pasteurised Whole <b>EGG</b> , Pasteurised <b>EGG</b> Yolk, Sugar, Water, Whipping Cream (Pasteurised <b>MILK</b> Cream, Thickener (Carrageenan E407)))
	Almond Croissant	<b>WHEAT</b> Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)), Trimoline (Inverted Sugar Syrup, Water), Sugar, Salt, Milk Powder (Whey Powder (Milk), Fully Hydrogenated Vegetable Oil (Palm Kernel, Palm), Skimmed <b>MILK</b> Powder, Dried Glucose Syrup, Whey Protein Concentrate ( <b>MILK</b> ), Lactose ( <b>MILK</b> ), Sodium Caseinates ( <b>MILK</b> ), Acidity Regulators (Trisodium Citrate, Dipotassium Phosphate), Anti-Caking Agent (Tricalcium Phosphate), Emulsifier (Sodium Stearoyl-2-Lactylate)), Improver (Wheat Flour, Emulsifier (E472E), Flour Treatment Agent (E300), Enzyme (Alpha-Amylase, Xylanase)), Yeast, Water, Butter (Milk), <b>EGG</b> Wash (Pasteurised Whole Egg, Pasteurised Egg Yolk, Sugar, Water, Whipping Cream (Pasteurised Milk Cream, Thickener (Carrageenan E407))), Almond Cream (Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Acid (Citric Acid (E330)), Emulsifier (Mono- And Diglycerides Of Fatty Acids (E471)), Antioxidant (Tocopherol-Rich Extract (E306), Ascorbyl Palmitate (E304i)), Flavouring, Colour (Beta Carotene (E160A))), Sugar, Ground Almond, Custard Powder (Sugar, Modified Starch, Whey Powder, Skimmed <b>MILK</b> Powder, Vegetable Oil (Coconut), Stabiliser (E263, E450(iii), E339(ii)), Dried Glucose Syrup, Emulsifier (E472B), Colour (E160A), <b>MILK</b> Protein, Flavouring), <b>WHEAT</b> Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)), <b>ALMOND</b> Flavour, Water), <b>ALMOND</b> , Icing Sugar
	Banana Bread	Bananas (31%), <b>WHEAT</b> Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)), Vegetable Oil (Rapeseed Oil), Icing Sugar, Sugar, Desiccated Coconut, Soya Drink (Water, Hulled <b>SOYA</b> Beans, Apple Extract, Acidity Regulators (monopotassium phosphate, dipotassium phosphate), Calcium (calcium carbonate), Sea Salt (gellan gum), Vitamins (riboflavin (B2), B12, D2), Baking Powder (Raising agent (disodium diphosphate (E450i)), (sodium hydrogen carbonate (E500ii)), <b>WHEAT</b> starch), Apricot Glaze (Sugar, Glucose syrup, Water, Apricot puree, Natural flavouring), Cinnamon
	Raspberry Pastel de Nata	<b>MILK</b> , sugar, <b>EGG</b> YOLK, whole <b>EGG</b> , <b>WHEAT</b> flour Alto (Calcium Carbonate, Iron, Niacin, Thiamin), maize starch, vanilla flavour, <b>WHEAT</b> FLOUR Type 500 (L-Ascorbic Acid E300), pastry margarine (Vegetable Fat - Palm, Vegetable Oil - Sunflower, Water, Salt 3%, Emulsifiers: E471, E322 - Sunflower, Flavourings, Acidity Regulator: E330, Preservative: E200, Antioxidants: E304i, E306, Colouring: Beta-Carotene E160ai), water, raspberry.
	Coconut, Matcha and Raspberry Cookies	Icing Sugar, Desiccated Coconut, Pasteurised <b>EGG</b> White, Raspberry Jam (12%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate), Coconut Milk (Coconut Milk Extract, Water, Carboxyl Methyl Cellulose (E466), Polysorbate 60 (E435)), Matcha Powder (1%) (Green Tea (Contains caffeine)), Salt
Matcha Drinks	Matcha	100% green tea matcha
	Salted Vanilla syrup	Vanilla extract with seeds (water, ethanol, vanilla extract, vanilla seeds) sugar, inulin, tapioca starch, thickeners (xanthan gum, guar gum) brown sugar, salt
	Rasberry Puree	Frambuesa 85%, sugar syrup, vanilla extract with seeds (water, ethanol, vanilla extract, vanilla seeds) sugar, inulin, tapioca starch, thickeners (xanthan gum, guar gum) brown sugar, salt, pitaya, Water, <b>OATS</b> 10%, rapeseed oil, acidity regulator (Dipotassium Phosphate), minerals (calcium carbonate, potassium iodide), salt, vitamins (D2, riboflavin, B12)
	Hot Honey	Honey, chilli flakes, salt, tabasco (distilled vinegar, red pepper, salt), mayple syrup (100% mayple tree sap)
	Miso Maple Walnut syrup	<b>WALNUTS</b> maple syrup, brown sugar, salt. White miso ( <b>SOYA</b> beans, cultured rice, sea salt, water. Mayple syrup (100% mayple tree sap)
	Milk	<b>MILK</b>
	Semi-Skimmed Milk	<b>MILK</b>
	Oatly Milk	Water, <b>OATS</b> 10%, rapeseed oil, acidity regulator (Dipotassium Phosphate), minerals (calcium carbonate, potassium iodide), salt, vitamins (D2, riboflavin, B12)
	Coconut Milk	Spring water, organic rice, organic coconut milk (7.5%), sea salt
	Coconut Water	Coconut water (99%), fructose (<1%), vitamin C
Coffee & Tea	Coffee	100% natural Brazilian coffee beans
	English Breakfast Tea	100% black tea
	Camomile Tea	Cinnamon, camomile (25%), rooibos, lemon balm (5%), valerian root (5%), natural orange flavouring (5%).
	Peppermint Tea	100% Peppermint tea



# 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.



the salad project

# 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](mailto: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](mailto:support@saladproject.co.uk)



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