



# THE SALAD KITCHEN

*roast ~ pickle ~ marinate ~ ferment*

## ALLERGEN & NUTRITION GUIDE

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We use the following allergens in our kitchen:

**Celery**

**Cereals containing gluten**

**Eggs**

**Fish**

**Milk**

**Sesame**

**Soybeans**

**Mustard**

**Sulphur dioxide and sulphites**

**\*Please note: we are a nut free restaurant, however we cannot guarantee that all of our ingredients have been processed or prepared in a nut free environment.**

**\*\*As our base salads change weekly these nutritional values are estimated based on averages taken from our recipes.**

**\*\*\*Our menu is fully Halal & all our cheeses are pastuerised**

If you have questions about any of the information in this document, please email  
[hello@thesaladkitchen.com](mailto:hello@thesaladkitchen.com)

| MENU ALLERGENS W.C. 22.09.25    | GLUTEN | EGGS | MILK | MUSTARD | SESAME | SOYA | SULPHUR DIOXIDE | CELERY |
|---------------------------------|--------|------|------|---------|--------|------|-----------------|--------|
| CRUNCHBOX BASE ALLERGENS        |        |      |      |         |        |      |                 |        |
| FOUNDER’S FAVOURITE -VEGETARIAN |        |      |      |         |        |      |                 |        |
| PEOPLE’S CHAMPION               |        |      |      |         |        |      |                 |        |
| SO CALI (LOW CAL) - VEGAN       |        |      |      |         |        |      |                 |        |
| PROTEIN PARADISE                |        |      |      |         |        |      |                 |        |
| GLUTEN GO HOME                  |        |      |      |         |        |      |                 |        |
| GLUTEN GO HOME (VEGETARIAN)     |        |      |      |         |        |      |                 |        |

| NUTRITIONAL VALUES FAVOURITES MENU |               |       |                  |       |             |       |         |       |
|------------------------------------|---------------|-------|------------------|-------|-------------|-------|---------|-------|
|                                    | ENERGY (KCAL) |       | CARBOHYDRATE (G) |       | PROTEIN (G) |       | FAT (G) |       |
|                                    | REG           | LARGE | REG              | LARGE | REG         | LARGE | REG     | LARGE |
| CRUNCHBOX<br>BASE                  | 289           | 376   | 58               | 75    | 10          | 13    | 12      | 15    |
| FOUNDERS<br>FAVOURITE              | 850           | 1105  | 81               | 105   | 24          | 32    | 58      | 75    |
| PEOPLE'S<br>CHAMPION               | 1060          | 1378  | 73               | 95    | 49          | 64    | 80      | 104   |
| PROTEIN<br>PARADISE                | 924           | 1201  | 77               | 101   | 70          | 90    | 47      | 61    |
| SO CALI                            | 492           | 640   | 69               | 89    | 26          | 34    | 29      | 38    |
| GLUTEN GO<br>HOME                  | 937           | 1218  | 55               | 71    | 45          | 59    | 78      | 102   |
| GLUTEN GO<br>HOME (VEG)            | 821           | 1067  | 53               | 69    | 23          | 31    | 76      | 99    |

| NUTRITIONAL VALUES BY ITEM - BASES |               |       |                  |       |             |       |         |       |
|------------------------------------|---------------|-------|------------------|-------|-------------|-------|---------|-------|
|                                    | ENERGY (KCAL) |       | CARBOHYDRATE (G) |       | PROTEIN (G) |       | FAT (G) |       |
|                                    | REG           | LARGE | REG              | LARGE | REG         | LARGE | REG     | LARGE |
| COUS COUS                          | 80            | 104   | 14               | 18    | 2           | 2.6   | 2       | 2.6   |
| BLACK BEANS                        | 91            | 118   | 14               | 18    | 4           | 5.2   | 3       | 4     |
| PICKLED RED CABBAGE                | 29            | 38    | 11               | 14    | -           | -     | -       | -     |
| RAW SLAW                           | 37            | 48    | 5                | 6.5   | 3           | 4     | 3       | 4     |
| MIXED GREEN LEAVES                 | 5             | 6.5   | 2                | 2.6   | -           | -     | -       | -     |
| ROAST NEW POTATOES                 | 47            | 61    | 12               | 16    | 1           | 1.3   | 4       | 5.2   |

| ALLERGENS BASES W.C. 22.09.25 | GLUTEN | EGGS | MILK | MUSTARD | SESAME | SOYA | SULPHUR DIOXIDE | CELERY |
|-------------------------------|--------|------|------|---------|--------|------|-----------------|--------|
| COUS COUS                     |        |      |      |         |        |      |                 |        |
| BLACK BEANS                   |        |      |      |         |        |      |                 |        |
| PICKLED RED CABBAGE           |        |      |      |         |        |      |                 |        |
| RAW SLAW                      |        |      |      |         |        |      |                 |        |
| MIXED GREEN LEAVES            |        |      |      |         |        |      |                 |        |
| ROAST NEW POTATOES            |        |      |      |         |        |      |                 |        |

| NUTRITIONAL VALUES BY ITEM - PROTEINS |               |      |     |                  |      |     |             |      |     |         |      |     |
|---------------------------------------|---------------|------|-----|------------------|------|-----|-------------|------|-----|---------|------|-----|
|                                       | ENERGY (KCAL) |      |     | CARBOHYDRATE (G) |      |     | PROTEIN (G) |      |     | FAT (G) |      |     |
|                                       | HALF          | FULL | DBL | HALF             | FULL | DBL | HALF        | FULL | DBL | HALF    | FULL | DBL |
| CHICKEN                               | 58            | 116  | 232 | 1                | 2    | 4   | 11          | 22   | 44  | 1       | 2    | 4   |
| AVOCADO                               | 58            | 116  | 232 | 1                | 2    | 4   | -           | -    | -   | 7.5     | 15   | 30  |
| HALLOUMI                              | 87.5          | 175  | 350 | 0.5              | 1    | 2   | 6.5         | 13   | 26  | 7.5     | 15   | 30  |
| GOATS<br>CHEESE                       | 109           | 218  | 436 | 6.5              | 13   | 26  | 5.5         | 11   | 22  | 6.5     | 13   | 26  |
| TEMPEH                                | 72            | 144  | 288 | 2.5              | 5    | 10  | 6.5         | 13   | 26  | 3.5     | 7    | 14  |
| KIMCHI                                | 6.5           | 13   | 26  | 0.7              | 1.4  | 2.8 | -           | -    | -   | -       | -    | -   |

| ALLERGENS PROTEINS | GLUTEN | EGGS | MILK | MUSTARD | SESAME | SOYA | SULPHUR DIOXIDE | CELERY |
|--------------------|--------|------|------|---------|--------|------|-----------------|--------|
| CHICKEN            |        |      |      |         |        |      |                 |        |
| AVOCADO            |        |      |      |         |        |      |                 |        |
| HALLOUMI           |        |      |      |         |        |      |                 |        |
| GOATS CHEESE       |        |      |      |         |        |      |                 |        |
| TEMPEH             |        |      |      |         |        |      |                 |        |
| KIMCHI             |        |      |      |         |        |      |                 |        |

| Nutritional Values by Item - Dressings |               |       |                  |       |             |       |         |       |
|----------------------------------------|---------------|-------|------------------|-------|-------------|-------|---------|-------|
|                                        | Engery (Kcal) |       | Carbohydrate (g) |       | Protein (g) |       | Fat (g) |       |
|                                        | Reg           | Large | Reg              | Large | Reg         | Large | Reg     | Large |
| Balsamic Vinaigrette                   | 155           | 201.5 | 1.5              | 1.95  | -           | -     | 17      | 22    |
| Lemon Mustard                          | 124           | 161   | 1                | 1.3   | 1           | 1.3   | 13      | 17    |
| Lemon Pesto                            | 135           | 175.5 | 1                | 1.3   | 0.5         | 0.65  | 16      | 21    |
| Smoked Thai Chilli                     | 157           | 204   | 3                | 4     | 1           | 1.5   | 17      | 22    |
| Honey Mustard                          | 114           | 148   | 5.5              | 7     | -           | -     | 10      | 13    |
| Teriyaki Mayo                          | 123           | 160   | 1.5              | 3     | 1           | 1.5   | 13      | 17    |
| Sriracha Mayo                          | 104           | 135   | 2                | 3.5   | 3           | 4     | 10      | 13    |

| ALLERGENS DRESSINGS  | GLUTEN | EGGS | MILK | MUSTARD | SESAME | SOYA | SULPHUR DIOXIDE | CELERY |
|----------------------|--------|------|------|---------|--------|------|-----------------|--------|
| BALSAMIC VINAIGRETTE |        |      |      |         |        |      |                 |        |
| LEMON MUSTARD MAYO   |        |      |      |         |        |      |                 |        |
| LEMON PESTO          |        |      |      |         |        |      |                 |        |
| SMOKED THAI CHILLI   |        |      |      |         |        |      |                 |        |
| HONEY MUSTARD        |        |      |      |         |        |      |                 |        |
| TERIYAKI MAYO        |        |      |      |         |        |      |                 |        |
| SRIRACHA MAYO        |        |      |      |         |        |      |                 |        |

| NUTRITIONAL VALUES BY ITEM - SPRINKLES |               |       |                  |       |             |       |         |       |
|----------------------------------------|---------------|-------|------------------|-------|-------------|-------|---------|-------|
|                                        | ENERGY (KCAL) |       | CARBOHYDRATE (G) |       | PROTEIN (G) |       | FAT (G) |       |
|                                        | REG           | LARGE | REG              | LARGE | REG         | LARGE | REG     | LARGE |
| CRISPY ONIONS                          | 30            | 39    | 2                | 2.5   | 2           | 2.5   | -       | -     |
| MIXED SEEDS                            | 29            | 37.7  | 1                | 1.3   | 1           | 1.3   | 3       | 4     |
| SOURDOUGH CROUTONS                     | 12            | 15.6  | 2.5              | 3.25  | -           | -     | -       | -     |
| CHILLI FLAKES                          | -             | -     | -                | -     | -           | -     | -       | -     |

| ALLERGENS SPRINKLES | GLUTEN | EGGS | MILK | MUSTARD | SESAME | SOYA | SULPHUR DIOXIDE | CELERY |
|---------------------|--------|------|------|---------|--------|------|-----------------|--------|
| CRISPY ONIONS       |        |      |      |         |        |      |                 |        |
| MIXED SEEDS         |        |      |      |         |        |      |                 |        |
| SOURDOUGH CROUTONS  |        |      |      |         |        |      |                 |        |
| CHILLI FLAKES       |        |      |      |         |        |      |                 |        |