



T H E S A L A D K I T C H E N

roast ~ pickle ~ marinate ~ ferment

ALLERGEN & NUTRITION GUIDE

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.**

If you have questions about any of the information in this document, please email
hello@thesaladkitchen.com

MENU ALLERGENS W.C. 18.08.25	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		x						
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 BASE	289	376	58	75	10	13	12	15
FOUNDERS FAVOURITE	850	1105	81	105	24	32	58	75
PEOPLE'S CHAMPION	1060	1378	73	95	49	64	80	104
PROTEIN PARADISE	924	1201	77	101	70	90	47	61
SO CALI	492	640	69	89	26	34	29	38
GLUTEN GO HOME	937	1218	55	71	45	59	78	102
GLUTEN GO 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. 18.08.25	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												
	Engery (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 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								