

# BREAKFAST

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

## FRUIT CRUNCHPOT

Home-made crunchy granola, fresh fruit and yogurt with toasted seeds

£6.3

## CINNAMON BIRCHER

Vegan soaked oats, fruit, yogurt and cinnamon

£6.3

## BLITZED OATS

A dry mix of jumbo oats and blended oats with demerara and coconut cream - add hot water for delicious rich instant porridge

£6.3

## MISO BROWNIE

Our signature vegan brownie, baked in store

£3

## GRANOLA BAR

Our signature granola, baked in store

£1.5



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# MAINS

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

	mini	regular	large
<b>CRUNCHBOX</b>	<b>£3.6</b>	<b>£5.6</b>	<b>£6.9</b>

A medley of the days six signature salads  
(grain/pulse/roasties/pickle/slaw/leaves)

<b>LEAFBOX</b>	<b>£2.4</b>	<b>£4.8</b>	<b>£6</b>
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Just the mixed leaves baby!

<b>POKÉ BOWL</b>	<b>£3.6</b>	<b>£5.1</b>	<b>-</b>
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seasoned sushi rice, marinated edamame  
beans, wakame, gari, pickle and slaw

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## PROTEINS/TOPS

<b>goat cheese / halloumi</b>	<b>£1.9</b>
<b>tempeh / avocado / kimchi</b>	<b>£1.9</b>
<b>pulled chicken</b>	<b>£2.4</b>
<b>salmon sashimi</b>	<b>£3.6</b>
<b>gyoza (dumplings)</b>	<b>£1 ea</b>

## DRESSINGS

teriyaki mayo / smoked thai chilli /  
lemon pesto / honey mustard /  
sriracha mayo / ponzu  
lemon mustard / balsamic vinaigrette

free



light



reg



saucy

## SPRINKLES

toasted seeds / sourdough croutons /  
chilli flakes / crispy shallots / furikake

free



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# FAVOURITES

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	regular	large
<b>FOUNDERS' FAVE</b> Sam and Ross' go-to box. Fully loaded Crunchbox with goat's cheese, vegan kimchi, lemon pesto, teriyaki mayo, sourdough croutons and toasted seeds.	<b>£9.4</b>	<b>£10.7</b>
<b>PEOPLE'S CHAMPION</b> A true crowd pleaser. Fully loaded Crunchbox with pulled chicken, grilled halloumi, avocado, smoked chilli mayo, lemon pesto, sourdough croutons and toasted seeds.	<b>£11.8</b>	<b>£13.1</b>
<b>PROTEIN PARADISE</b> A whopping 64g of protein! Fully loaded Crunchbox with extra pulse, two and a half portions of pulled chicken, smoked chilli mayo, honey mustard and toasted seeds.	<b>£11.6</b>	<b>£12.9</b>
<b>SO CALI (low cal)</b> Healthy, delicious and nutritious - only 494 calories! Fully loaded Crunchbox with kimchi, roast tempeh, sriracha mayo and sourdough croutons.	<b>£9.4</b>	<b>£10.7</b>
<b>GLUTEN GO HOME</b> Gluten free paradise. A gluten free Crunchbox with pulled chicken, grilled halloumi, avocado, smoked chilli mayo, lemon pesto and toasted seeds.	<b>£11.8</b>	<b>£13.1</b>
<b>GLUTEN GO HOME (v)</b> Gluten free vegetarian paradise. A gluten free Crunchbox with grilled halloumi, avocado, smoked chilli mayo, lemon pesto and toasted seeds.	<b>£9.4</b>	<b>£10.7</b>



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# PLATTERS

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	3ppl	6ppl	12ppl
<b>WRAP PLATTER</b>	<b>£21</b>	<b>£42</b>	<b>£84</b>
a mix of our most popular house salads served buritto style (please specify if you'd like a meat, vegetarian, vegan or mixed)			

<b>CHIP &amp; DIP PLATTER</b>		<b>£15</b>	<b>£30</b>
rosemary&thyme and sundried tomato&basil baked pitta chips with our signature house made houmous			

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<b>GRANOLA PLATTER</b>		<b>6ppl</b>	<b>12ppl</b>
fresh baked in our kitchen. think flapjack, but yummiier		<b>£9</b>	<b>£18</b>

<b>VEGAN MISO BROWNIE PLATTER</b>		<b>£18</b>	<b>£36</b>
fresh baked in our kitchen. go on, you deserve it			

<b>SWEET MIX PLATTER</b>		<b>£13.5</b>	<b>£27</b>
a mix of our freshly baked granola bars and vegan miso brownies. perfection			



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# S I D E S & S W E E T S

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## HOUSE HOUMOUS

£5

a housemade houmous using our signature recipes, changes weekly (230g)

## SOFFLE'S PITTA CHIPS

£1.5

baked pitta chips made for dipping:  
rosemary&thyme/sundried tomato&basil (60g)

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## GRANOLA BAR

£1.5

fresh baked in our kitchen

## MISO BROWNIE

£3

fresh baked in our kitchen



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# DRINKS

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

## SAN PELLIGRINO

limonata (330ml)

£ 2

## DASH WATER

lemon / raspberry / blackcurrant sparkling  
water (330ml)

£ 2

## JARR KOMBUCHA

kombucha! (240ml)

£ 3

## COCA COLA

original / diet / zero (330ml)

£ 1 . 2

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## FRESH JUICES

### RISE UP

apple, carrot, ginger & lemon (250ml)

£ 4

### FRESH OJ

fresh squeezed (250ml)

£ 4

### EMERALD ISLE

fresh squeezed apple juice (carbonated)  
(250ml)

£ 4



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