

BREAK FAST

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

£4.9

CINNAMON BIRCHER

Vegan soaked oats, fruit, yogurt and cinnamon

£4.9

BLITZED OATS

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

£3

MISO BROWNIE

Our signature vegan brownie, baked in store

£3

GRANOLA BAR

Our signature granola, baked in store

£1.5



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

MAINS

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

| | mini | regular | large |
|------------------|-----------|-------------|-------------|
| CRUNCHBOX | £3 | £5.1 | £6.3 |

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

| | | | |
|----------------|-----------|-----------|-----------|
| LEAFBOX | £2 | £4 | £5 |
|----------------|-----------|-----------|-----------|

Just the mixed leaves baby!

| | | | |
|------------------|-----------|-------------|----------|
| POKÉ BOWL | £3 | £5.1 | - |
|------------------|-----------|-------------|----------|

seasoned sushi rice, marinated edamame
beans, wakame, gari, pickle and slaw

PROTEINS/TOPS

| | |
|----------------------------------|--------------|
| goat cheese / halloumi | £1.7 |
| tempeh / avocado / kimchi | £1.7 |
| pulled chicken | £2.2 |
| salmon sashimi | £3 |
| gyoza (dumplings) | £1 ea |

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



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

PLATTERS

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

| | 3ppl | 6ppl | 12ppl |
|--|------------|------------|------------|
| WRAP PLATTER | £18 | £36 | £72 |
| a mix of our most popular house salads served buritto style (please specify if you'd like a vegetarian or vegan collection) | | | |

| | | | |
|---|--|------------|------------|
| CHIP & DIP PLATTER | | £15 | £30 |
| rosemary&thyme and sundried tomato&basil baked pitta chips with our signature house made houmous | | | |

| | | | |
|----------------------------|--|-----------|------------|
| GRANOLA PLATTER | | £9 | £18 |
| fresh baked in our kitchen | | | |

| | | | |
|-----------------------------|--|------------|------------|
| MISO BROWNIE PLATTER | | £18 | £36 |
| fresh baked in our kitchen | | | |

| | | | |
|----------------------------|--|--------------|------------|
| SWEET MIX PLATTER | | £13.5 | £27 |
| fresh baked in our kitchen | | | |



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

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

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

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)

GRANOLA BAR

£1.5

fresh baked in our kitchen

MISO BROWNIE

£3

fresh baked in our kitchen



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

DRINKS

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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

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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