

MAINS

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

	mini	regular	large
CRUNCHBOX	£3.6	£5.6	£6.9

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

LEAFBOX	£2.4	£4.8	£6
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Just the mixed leaves baby!

POKÉ BOWL	£3.6	£5.6	-
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seasoned sushi rice, marinated edamame
beans, wakame, gari, pickle and slaw

PROTEINS/TOPS

goat cheese / halloumi	£1.9
tempeh / avocado / kimchi	£1.9
pulled chicken	£2.4
salmon sashimi	£3.6
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

FAVOURITES

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

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



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	£21	£42	£84
a mix of our most popular house salads served buritto style (please specify if you'd like a meat, vegetarian, vegan or mixed)			

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

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

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

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



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

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

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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