

# **BUILD YOUR OWN SALAD £7.90**

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## **1. CHOOSE A BASE**

(choose 2)

## **2. ADD A PROTEIN**

(choose 1)

Chicken / Prawns + £1.00

Salmon + £2.00

## **3. ADD TOPPINGS**

(choose up to 4)

Avocado / Egg / Vegan Feta + 70p

## **4. ADD CRUNCH**

(choose up to 3)

## **5. CHOOSE YOUR DRESSING**

(choose 1)

# SALAD BOWLS

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## **CHASING RAINBOWS £7.90**

*A bit like a poke bowl!*

DF, GF, V, VG

Brown rice, cos lettuce, portobello mushroom, edamame, shredded red cabbage, pickled ginger, tamari aubergine, carrot, tamari seeds, crispy onions.

DRESSING: POKE



## **BEST THING SINCE SLICED BREAD £7.90**

*A big twist on a classic caesar salad.*

DF, GF, V, VG

Cos lettuce, shredded kale, charred corn, BBQ sweet potato, cherry tomatoes, cucumber, avocado, chopped almonds.

DRESSING: CASHEW CAESAR



## **COOL AS A CUCUMBER £7.90**

*Zingy Moroccan vibes here.*

DF, GF, V, VG

Cos lettuce, brown rice, za'atar chickpeas, pickled red onion, cucumber, cherry tomatoes, vegan feta, dukkah.

DRESSING: TAHINI

# SALAD BOWLS

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## **FOR GOODNESS SAKE £7.90**

*Tastes like Italy meets Britain on a fresh summer's day.*

DF, GF, V

Mixed quinoa, cos lettuce, hard-boiled egg, cherry tomatoes, peas, cucumber, vegan feta, toasted pumpkin seeds.

DRESSING: CASHEW PESTO



## **NO STRINGS ATTACHED £7.90**

*Japanese inspired noodle bowl!*

DF, GF, V, VG

Glass noodles, cos lettuce, bean sprouts, edamame, kimchi, shredded red cabbage, avocado, sesame seeds, coriander.

DRESSING: SRIRACHA MISO



## **SPILL THE BEANS £8.90**

*Transport yourself to Mexico.*

DF, GF

Brown rice, kale, shredded chicken, smoky black beans, charred corn, shredded red cabbage, avocado, broken corn tortilla.

DRESSING: SRIRACHA MISO

DF: DAIRY-FREE, GF: GLUTEN-FREE, V: VEGETARIAN, VG: VEGAN

# SALAD BOWLS

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## **MAKE ENDS MEET £8.90**

*The Italian British one with free range chicken.*

DF, GF

Mixed quinoa, cos lettuce, shredded chicken, cherry tomatoes, peas, cucumber, vegan feta, toasted pumpkin seeds.

DRESSING: CASHEW PESTO



## **TIP OF THE ICEBERG £8.90**

*Prawns in bed with noodles and kimchi!*

DF, GF

Glass noodles, cos lettuce, king prawns, bean sprouts, edamame, kimchi, shredded red cabbage, avocado, sesame seeds, coriander.

DRESSING: SRIRACHA MISO



## **FISH OUT OF WATER £9.90**

*Hawaiian Japanese fusion.*

DF, GF

Mixed quinoa, cos lettuce, flaked lemon salmon, teriyaki aubergine, edamame, Asian slaw, tamari seeds, crispy onions.

DRESSING: TAMARI