

SALADS

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Beef Saigon	Kcal 468 Protein 39 Fats 21 Carbs 29											*	*	*	*
Salmon Avocado	Kcal 639 Protein 37 Fats 29 Carbs 54					*									*
Seoul Mate with Chicken	Kcal 342 Protein 28.5 Fats 13 Carbs 27										*		*		*
Seoul Mate with Tempeh	Kcal 363 Protein 21 Fats 16 Carbs 31									*	*		*	*	*
Shrimp Habanero	Kcal 424 Protein 32 Fats 20 Carbs 27			*								*	*	*	*
Thai Crunch with Chicken	Kcal 429 Protein 37 Fats 16 Carbs 31											*	*	*	*
Thai Crunch with Tempeh	Kcal 429 Protein 26 Fats 20.9 Carbs 38.4									*		*	*	*	*
Urban Caesar with Chicken	Kcal 402 Protein 28 Fats 20 Carbs 36							*			*				*
Urban Caesar with Tempeh	Kcal 422 Protein 27 Fats 21 Carbs 30							*		*	*			*	*

* Please note the salad nutritional information above does not include the dressings. Please refer below for the allergens and nutritional information of dressings.

DRESSINGS

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Basil Pesto	Kcal 160 Protein 1 Fats 16 Carbs 4														*
Habanero Lime	Kcal 343 Protein 0.4 Fats 37.7 Carbs 0.4													*	*
Caesar	Kcal 284 Protein 4 Fats 30 Carbs 1				*			*		*					*
Gochujang Miso	Kcal 209 Protein 1 Fats 21 Carbs 5													*	
Thai Peanut	Kcal 173 Protein 5 Fats 14 Carbs 6											*		*	*
Sriracha Lime	Kcal 147 Protein 1 Fats 13 Carbs 6												*	*	*



TRAYS	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Aegean - Honey Dijon Chicken	Kcal 637 Protein 39 Fats 21.5 Carbs 63.1							*		*	*		*	*	*
Aegean - Pulled Chilli Brisket	Kcal 716 Protein 45 Fats 32 Carbs 58							*			*		*	*	*
Aegean - Harissa Chickpeas	Kcal 699 Protein 25 Fats 33 Carbs 69							*			*		*		*
Sinaloa - Honey Dijon Chicken	Kcal 764 Protein 37 Fats 33 Carbs 79							*		*				*	*
Sinaloa - Pulled Chilli Brisket	Kcal 801 Protein 38 Fats 35 Carbs 82							*						*	*
Sinaloa - Harissa Chickpeas	Kcal 826 Protein 23 Fats 38 Carbs 93							*							*
Umami 2.0 - Honey Dijon Chicken	Kcal 467 Protein 32 Fats 18 Carbs 44									*		*	*	*	*
Umami 2.0 - Pulled Chilli Brisket	Kcal 546 Protein 37 Fats 22 Carbs 47											*	*	*	*
Umami 2.0 - Harissa Chickpeas	Kcal 519 Protein 17 Fats 23 Carbs 58											*	*		*

BUILD YOUR OWN

BASES (per portion)	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Cabbage Mix	Kcal 72 Protein 2 Fats 4 Carbs 5														
Leafy Greens	Kcal 7 Protein 0 Fats 0 Carbs 0														
Quinoa	Kcal 161 Protein 6 Fats 4 Carbs 22														
Sesame Glass Noodles	Kcal 91 Protein 0 Fats 2 Carbs 19												*		
Camargue Red Rice	Kcal 121 Protein 3 Fats 2 Carbs 23														
UG Spiced Grains	Kcal 158 Protein 4 Fats 3 Carbs 27														

BUILD YOUR OWN

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
PROTEIN (per portion)															
Chicken Breast	Kcal 103 Protein 22 Fats 2 Carbs 0														
Pulled Beef Brisket	Kcal 166 Protein 24 Fats 8 Carbs 0														
Cajun Spiced Temeph	Kcal 138 Protein 17 Fats 1 Carbs 0									*				*	
Shrimp	Kcal 82 Protein 17 Fats 1 Carbs 0			*											
Hot Smoked Salmon	Kcal 140 Protein 19 Fats 7 Carbs 1					*									
Honey Dijon Chicken [hot]	Kcal 90 Protein 15 Fats 3 Carbs 0									*				*	*
Pulled Chilli Brisket [hot]	Kcal 132 Protein 17 Fats 5 Carbs 5													*	*
Harissa Chickpeas [hot]	Kcal 134 Protein 5 Fats 7 Carbs 10												*		*

BUILD YOUR OWN

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
SCOOPS (per portion)															
Sambal Feta	Kcal 74 Protein 6 Fats 5 Carbs 1							*							
Tzatziki	Kcal 31 Protein 3 Fats 2 Carbs 1							*							
Hummus	Kcal 76 Protein 3 Fats 5 Carbs 4												*		*
Whipped Miso Tofu	Kcal 27 Protein 2 Fats 1 Carbs 2											*		*	*
Beetroot Hummus	Kcal 48 Protein 2 Fats 2 Carbs 4												*		*
Sweet Potato Hummus	Kcal 101 Protein 3 Fats 8 Carbs 3												*		*

BUILD YOUR OWN

VEG + PICKLES (per portion)	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Avocado	Kcal 115 Protein 2 Fats 15 Carbs 9														
Beansprouts	Kcal 6 Protein 0 Fats 0 Carbs 1														
Broccoli - Sesame Soy	Kcal 47 Protein 2 Fats 3 Carbs 2												*	*	
Cherry Tomatoes	Kcal 13 Protein 0 Fats 0 Carbs 2														
Cucumber	Kcal 16 Protein 1 Fats 1 Carbs 1														
Edamame	Kcal 63 Protein 5 Fats 2 Carbs 4													*	
Kale	Kcal 20 Protein 1 Fats 2 Carbs 1														
Red Pepper	Kcal 9 Protein 0 Fats 2 Carbs 0														
Tajin Sweetcorn	Kcal 59 Protein 2 Fats 1 Carbs 9														
Pickled Cabbage	Kcal 33 Protein 0 Fats 0 Carbs 8														*
Pickled Carrots	Kcal 25 Protein 0 Fats 0 Carbs 6														*
Pickled Chillies	Kcal 21 Protein 0 Fats 0 Carbs 5														*
Pickled Onions	Kcal 36 Protein 0 Fats 0 Carbs 8														*
UG Kimchi	Kcal 36 Protein 0 Fats 0 Carbs 6														*

BUILD YOUR OWN

TOPPINGS (per portion)	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Cashews	Kcal 71 Protein 3 Fats 6 Carbs 2										*				
Coriander	Kcal 1 Protein 0 Fats 0 Carbs 0														
Crispy Onions	Kcal 26 Protein 2 Fats 2 Carbs 3														
Crumbled Feta	Kcal 20 Protein 1 Fats 2 Carbs 0							*							
Hazelnuts	Kcal 81 Protein 2 Fats 8 Carbs 1										*				
Mint	Kcal 3 Protein 0 Fats 0 Carbs 0														
Parmesan	Kcal 61 Protein 5 Fats 6 Carbs 0							*							
Parsley	Kcal 2 Protein 0 Fats 0 Carbs 0														
Pumpkin + Sunflower Seeds	Kcal 90 Protein 4 Fats 7 Carbs 2														
Sesame Seeds	Kcal 62 Protein 2 Fats 6 Carbs 0												*		
Toasted Peanuts	Kcal 93 Protein 5 Fats 8 Carbs 2											*			
Tortilla Chips	Kcal 51 Protein 1 Fats 3 Carbs 6														

PROTEIN POTS

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Honey Dijon Chicken Pot	Kcal 219 Protein 28.9 Fats 11 Carbs 1									*			*	*	*
Chilli Beef Brisket Pot	Kcal 285 Protein 36.6 Fats 13 Carbs 9													*	*
Harissa Chickpeas Pot	Kcal 400 Protein 9.7 Fats 27 Carbs 19.8										*		*		*

DESSERTS

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Snicker Balls	Kcal 301 Protein 11.9 Fats 23 Carbs 13.5										*	*	*		
Chocolate Mousse	Kcal 395 Protein 3.5 Fats 33.9 Carbs 20.1												*	*	*

ACAI BOWLS

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Strawberry, Peanut + Granola	Kcal 392 Protein 7 Fats 20 Carbs 45											*			
Strawberry, Banana, Granola	Kcal 301 Protein 3 Fats 10 Carbs 50														
Blueberry, Almond + Granola	Kcal 361 Protein 6 Fats 17 Carbs 45										*				

SUMMER MENU

2026

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Hot Chick Caesar - chicken *	Kcal 575 Protein 31 Fats 29 Carbs 35										*				*
Hot Chick Caesar - shrimp *	Kcal 521 Protein 20 Fats 34 Carbs 30			*							*				*
Piri Piri Caesar Dressing	Kcal 268 Protein 3 Fats 28 Carbs 1				*			*		*					*
Piri Piri Sweet Potato Hummus	Kcal 70 Protein 2 Fats 4 Carbs 6												*		*
Piri Piri Chicken	Kcal 148 Protein 23 Fats 6 Carbs 1														*
Piri Piri Prawns	Kcal 94 Protein 11 Fats 5 Carbs 0			*											*
The Main Squeeze *	Kcal 461 Protein 29 Fats 24 Carbs 28							*					*	*	*
Lemon + Herb Chicken	Kcal 209 Protein 17 Fats 15 Carbs 1							*							*

THE GREEK-ISH SALAD

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
The Greek-ish*	Kcal 496 Protein 24 Fats 34 Carbs 19												*		*
Greek-ish Tzatziki Dressing	Kcal 113 Protein 5 Fats 10 Carbs 1							*							

• Please note, dressings are not included. Allergens and nutritional information for dressings can be found separately.

CATERING
FEASTING SALADS

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
The Big Greek [catering]							*					*		*
XL Thai Crunch [catering]											*		*	*
Tex Mex [catering]													*	*
Sesame Soy Broccoli [catering]												*	*	
Kale Avo Caesar [catering]				*			*		*	*				*