

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
Snickers 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							*							*

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]				*			*		*	*				*