Making *your* lunch. Delicious.

Allergen guide **2026**

SALADS

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Beef Saigon	**Kcal** 453 **Protein** 39 **Fats** 20 **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							*		*	*			*	*
Paradise Salad	**Kcal** 533 **Protein** 31 **Fats** 25 **Carbs** 44									*	*				*

*** 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											*		*	*
Curry Leaf Pesto	**Kcal** 289 **Protein** 1 **Fats** 30 **Carbs** 3														

Locations: High Street Kensington, London Wall, St Paul's, Canary Wharf, St James Park, Shoreditch

URBAN GREENS

Making *your* lunch. Delicious.

Allergen guide **2026**

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														

Locations: High Street Kensington, London Wall, St Paul's, Canary Wharf, St James Park, Shoreditch

URBAN GREENS

Making *your* lunch. Delicious.

Allergen guide **2026**

BUILD YOUR OWN

PROTEIN (per portion)

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
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												*		*
Tamarind + Jaggery Chicken	**Kcal** 119 **Protein** 19 **Fats** 2 **Carbs** 7									*					*

BUILD YOUR OWN

SCOOPS (per portion)

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
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												*		*

Locations: High Street Kensington, London Wall, St Paul's, Canary Wharf, St James Park, Shoreditch

URBAN GREENS

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	**Kcal** 32 **Protein** 2 **Fats** 2 **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														*
Coconut Pol Sambol	**Kcal** 98 **Protein** 1 **Fats** 8 **Carbs** 4														

Making *your* lunch. Delicious.

Allergen guide **2026**

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														

Locations: High Street Kensington, London Wall, St Paul's, Canary Wharf, St James Park, Shoreditch

URBAN GREENS

Making *your* lunch. Delicious.

Allergen guide **2026**

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										*				

Locations: High Street Kensington, London Wall, St Paul's, Canary Wharf, St James Park, Shoreditch

URBAN GREENS

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]													*	*
Platter of Broccoli [catering]														
Kale Avo Caesar [catering]				*			*		*	*				*