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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														

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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											*	*		*

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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														
Brown Rice	**Kcal** 234 **Protein** 7 **Fats** 6 **Carbs** 38														

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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									*					*

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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												*		*

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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														

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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														

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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										*				

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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]				*			*		*	*				*

WINTER MENU

HAINANESE HEAT

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Hainanese Heat Salad	**Kcal** 678 **Protein** 39 **Fats** 34 **Carbs** 49												*	*	
Hainanese Chicken	**Kcal** 139 **Protein** 22 **Fats** 6 **Carbs** 0												*	*	
Sambal Tomatoes	**Kcal** 14 **Protein** 1 **Fats** 0 **Carbs** 2														
Jangaji Broccoli Stems	**Kcal** 9 **Protein** 1 **Fats** 0 **Carbs** 2													*	
Brown Rice	**Kcal** 234 **Protein** 7 **Fats** 6 **Carbs** 38														
Spring Onion & Ginger Oil	**Kcal** 77 **Protein** 0 **Fats** 8 **Carbs** 1												*	*	

COCONUT PANEER

	Kcal & Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Coconut Paneer Salad	**Kcal** 625 **Protein** 22 **Fats** 36 **Carbs** 51							*				*			*
Thai Coconut Paneer Curry	**Kcal** 190 **Protein** 10 **Fats** 15 **Carbs** 3							*							

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