

**PICK.YOUR.OWN.**

Nutritional Information

Category	Product	Serving Size (g)	Nutritional Information Per Serving							Nutritional Information Per 100g									
			Calories (kcal)	Fat (g)	n/w Saturates (g)	Carbohydrates(g)	n/w Sugars(g)	Fibres(g)	Protein (g)	Salt (g)	Calories (kcal)	Fat (g)	n/w Saturates (g)	Carbohydrates(g)	n/w Sugars(g)	Fibres(g)	Protein (g)	Salt (g)	
PICK.YOUR.OWN. Salads - Bases	Baby Spinach & Herbs	30	7	0	0	0	0	0	1	0	25	1	0	1	0	3	0	0	
	Soft British Leaves	25	4	0	0	1	0	0	0	0	17	4	0	2	1	4	0	0	
	Erzse Fava Beans	175	280	7	1	20	3	19	17	1	143	4	1	11	9	0	0	0	
	Miso Pearl Barley & Grains	150	219	5	1	33	3	9	7	2	146	3	0	22	6	5	1	0	
	Seasonal Shredded Veg	60	16	1	0	2	1	1	0	0	27	1	0	3	2	0	0	0	
PICK.YOUR.OWN. Salads - Textures	House Sauerkraut	30	11	0	0	2	2	1	1	0	33	4	0	5	4	2	1	0	
	Chicken Crackling	15	75	7	0	2	--	--	--	3	40	43	12	--	--	20	3	0	
	Crem Roast Pepper	30	6	0	0	1	1	0	0	0	21	0	0	4	2	1	0	0	
	Diced Smokey Cucumbers	35	5	0	0	0	0	0	0	0	15	1	0	1	1	1	0	0	
	Apple & Celery Slaw	40	75	6	0	4	3	1	1	0	187	15	0	9	8	2	4	1	0
	Green Leafy Salads	25	28	3	0	1	0	0	0	0	114	10	1	3	2	3	1	1	0
	Nut Crumble	25	165	15	1	5	4	2	4	0	659	60	--	21	15	8	14	0	0
	Pickled Chillies & Shallots	25	9	0	--	2	1	0	0	0	37	0	--	6	1	2	2	0	0
	Punchy Shredded Carrots	30	21	1	0	3	3	0	0	0	71	3	0	9	0	4	1	0	0
	Sourdough Croutons	35	149	7	0	18	0	1	3	1	334	16	1	39	1	2	6	1	0
PICK.YOUR.OWN. Salads - Flavours	Calabrian Chilli Crunch	25	125	12	2	1	0	0	0	496	48	7	4	2	10	1	0	0	
	Green Goddess	25	41	6	0	1	0	0	0	246	25	2	3	1	1	2	1	0	
	Preserved Lemon & Orange	25	103	10	1	3	0	0	0	412	41	2	13	11	1	1	2	0	
	Coronation Caesar	25	124	12	1	3	3	0	1	497	49	3	13	11	0	3	1	0	
	Dill Buttermilk	25	67	6	0	1	0	0	0	266	24	2	27	5	0	5	1	0	
	Green Harissa Tahini	25	94	9	1	1	0	0	2	377	37	5	2	1	2	8	1	0	
	Lemon & Basil	25	139	15	1	0	0	--	0	555	61	3	1	1	--	1	1	0	
	Must Pick Honey Mustard	25	196	9	0	4	4	1	1	384	34	2	16	16	2	2	1	0	
	House Mayo	25	116	12	1	0	0	0	0	466	49	0	6	4	2	3	16	1	
	Harissa Borekshi & Squash	75	62	4	0	5	3	0	3	86	4	0	6	3	0	3	0	0	
PICK.YOUR.OWN. Salads - Toppers	Smoked Paprika Olives	45	46	5	1	--	--	--	1	103	11	--	--	--	1	1	1	0	
	White Bean & Parsnip Hummus	50	69	11	1	10	2	0	0	350	23	0	20	4	12	2	1	0	
	Crumbled Lancashire Cheese	25	99	5	--	--	--	--	0	397	32	20	--	--	23	2	0	0	
	Avo & Cucumber Grains	90	115	11	2	2	1	1	2	106	10	2	2	1	1	2	0	0	
	Ochotzaged Ham Hock	90	250	8	6	1	1	23	1	266	9	6	1	1	24	1	1	0	
	Pulled Rotisserie Chicken	90	131	7	2	2	1	0	24	8	2	2	1	0	26	0	0		
	Tom Roast Potatoes	75	164	9	1	20	2	2	7	122	7	0	15	1	2	2	0		
	Tikka Tado	120	120	7	1	4	1	10	1	82	10	1	3	2	1	7	0	0	
	Seasons Tomato Salad	23	3	0	0	0	0	0	0	30	1	0	4	0	1	1	0	0	
	Chilli Crusted Scottish Salmon	90	206	10	2	0	0	23	0	250	13	2	0	0	0	25	0	0	
Signature Salads - Regular	Slow-roasted Lamb Shoulder	90	286	20	9	4	4	20	22	296	22	10	4	4	0	0	0	0	
	Avo & Chips	508	678	42	6	12	12	3	2	134	8	1	11	1	3	1	1	0	
	Everone Picks (Coronation) Caesar	259	590	42	10	23	5	2	2	228	16	4	9	2	1	15	1	0	
	H.L.T.	413	741	30	7	10	5	2	4	179	7	3	14	3	3	13	1	0	
	Lamb Shawarma	317	437	32	11	58	2	27	2	138	10	3	3	3	9	3	1	0	
	Salmon Poutinos	424	797	42	6	28	8	22	2	188	12	1	7	2	5	11	0	0	
	Calabrian Chilli Chicken	398	552	39	5	29	5	12	2	139	12	2	8	2	1	13	1	0	
	Tofia Tikka Masala	481	651	35	5	37	9	26	2	135	7	1	8	2	5	7	0	0	
	Avo & Chips	598	791	45	4	74	8	17	4	132	7	1	12	1	3	3	1	0	
	Everone Picks (Coronation) Caesar	286	596	42	10	23	5	2	2	208	15	4	8	2	1	13	1	0	
Signature Salads - Large	H.L.T.	501	852	32	7	75	12	17	38	5	170	6	1	15	2	8	1	0	
	Lamb Shawarma	362	449	33	11	10	9	2	2	124	9	3	3	2	8	1	0		
	Salmon Poutinos	528	925	56	7	38	6	32	54	2	1720	140	13	48	24	30	0	0	
	Calabrian Chilli Chicken	443	564	45	9	30	9	33	2	1269	106	12	43	23	11	47	4	0	
	Tofia Tikka Masala	581	778	38	5	47	10	36	44	2	1100	72	9	53	15	34	46	5	
	Chicken Bone Broth & Grains	593	448	15	2	47	13	13	27	5	76	3	0	8	2	5	1	0	
	Tuscan Tomato & Chickpeas	616	503	26	2	44	18	13	19	4	82	4	0	7	3	3	1	0	

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PICK.YOUR.OWN. Organic Juices - Bases	Carrot	100	34	0	--	8	7	4	1	0	34	0.4	0.10	7.7	7.2	3.9	0.5	0
	Celery	45	4	0	--	1	1	1	0	0	9	0	--	1	1	2	1	0
	Cucumber	113	16	1	--	1	1	1	0	0	14	0.6	0	1.2	0.7	1.0	0	0
	British Apple	150	65	1	0	15	15	2	1	0	43	0.4	0.10	10.0	10.0	1.0	0.5	0
	Orange	225	81	0	0	18	18	3	2	0	36	0.2	0.05	8.2	8.2	1.2	0.8	0
PICK.YOUR.OWN. Organic Juices - Mixers	Pineapple	200	90	0	--	23	23	2	1	--	45	0	--	11	1	--	--	0
	Ginger	13	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Kale	50	17	1	0	1	1	0	0	0	33	1.6	0.20	14.4	13	0	3.4	0
	Lemon	4	--	--	1	1	--	--	--	7	0.0	0.0	1.6	1.6	0	0.3	0	0
	Parsley	15	5	0	--	0	0	--	0	0	34	1.3	0	2.7	2.3	0	3.0	0
PICK.YOUR.OWN. Organic Juices - Extras	Blackberry	75	20	0	--	4	4	3	1	0	27	0	--	6	6	3	1	0
	Strawberry	100	30	1	0	6	6	4	1	0	30	0.5	0.04	6.1	6.1	3.8	0.6	0
	Raw Apple Cider Vinegar	60	31	0	0	7	7	1	0	0	36	0	0	8	8	1	0	0
	Ginger	60	39	0	0	9	9	1	0	0	41	1	0	9	7	1	0	0
	Green Shot	60	55	1	0	12	11	1	0	0	42	0	0	9	9	1	0	0
	British Greens	340	111	7	1	16	16	2	3	0	60	3	0	7	7	1	0	0
	Chilli & Green	340	155	6	0	25	25	4	2	0	43	2	0	7	7	1	0	0
	Apple Bramble	340	133	6	0	20	20	4	2	0	48	2	0	7	7	1	0	0
	Rebalance	340	205	6	0	39	38	4	2	0	56	2	0	11	10	1	0	0
	Citrus Carrot	340	164	6	0	27	26	7	2	0	43	2	0	7	7	2	1	0
P.Y.O. Shots	Skin Glow	340	230	7	1	42	41	8	3	0	47	1	0	1	9	8	0	0
	Strawberry Fields	340	143	6	0	22	22	5	2	0	47	2	0	7	7	2	0	0
	Fresh Apple	340	141	3	0	24	24	5	1	0	42	1	0	9	7	2	0	0
	Fresh Orange	340	136	4	0	25	25	2	2	--	40	1	0	7	6	4	0	0
	Banana, Sweet Date & Walnut	340	307	17	2	36	36	18	6	0	8	5	1	11	5	2	0	0
	Supergreen Matcha	340	146	0	0	34	34	6	5	0	33	0	0	8	4	0	0	0
	Raw Apple Cider Vinegar	60	31	0	0	7	7	1	0	0	36	0	0	8	8	1	0	
	Ginger	60	39	0	0	9												

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PICK.YOUR.OWN. Breakfast - Bases	Toasted Sourdough with Salted Butter	115	353	13	8	49	2	3	9	1	307	12	7	43	1	2	8	1
	Saffron Baked Beans	200	172	3	0	28	5	8	9	2	86	1	0	14	3	4	4	1
	Roasted Chorizo	68	280	25	9	2	0	--	14	2	415	37	14	3	1	--	20	3
PICK.YOUR.OWN. Breakfast - Toppers	Soft Baked Brown Egg	50	72	5	2	0	0	--	6	0	143	10	3	1	1	--	13	0
	Smoked Chalk Steam Trout	50	95	6	1	--	--	--	11	1	190	12	2	--	--	--	22	2
	Orchard Glazed Ham Hock	90	396	27	9	5	5	0	35	4	440	30	10	6	6	0	38	4
PICK.YOUR.OWN. Breakfast Sides & Sauces	Hash Browns	35	65	2	0	10	1	1	1	1	185	7	0	28	2	4	3	3
	Honeyglazed Biscuits	35	83	8	1	1	0	0	1	1	330	34	3	5	4	0	1	3
	Ketchup	35	36	0	--	8	8	--	0	1	102	0	--	23	23	--	1	2
Signature Breakfasts	Beans on Toast	325	526	16	8	78	7	11	18	3	162	5	3	24	2	3	5	1
	Farmhouse Breakfast	365	905	54	20	53	8	7	50	6	248	15	5	14	2	2	14	2
	Eggs Royale	205	427	26	7	26	2	2	22	3	211	13	4	13	1	11	11	1
Grab & Go	Apple & Sweet Butter Tahini Porridge	300	592	23	8	77	34	8	20	0	197	8	3	26	11	3	7	0
	Honey Porridge	275	520	13	7	88	46	6	17	0	189	5	2	32	17	2	6	0
	Overnight Oats with Apple & Sweet Butter Tahini	175	352	15	4	44	20	5	11	0	201	9	2	25	11	3	6	0
Tea & Coffee	Chocolate & Sour Cherry Chia Pudding	175	262	12	4	36	21	10	9	0	150	7	2	20	12	6	5	0
	Wholemeal Rye & Double Chocolate Cookies	75	340	16	10	46	28	4	4	1	448	21	13	61	37	6	5	1
	Espresso	36	3	0	0	1	--	--	0	0	9	0	0	2	--	--	0	0
Whole milk assumed, alternatives available	Long Black	240	3	0	0	1	--	--	0	0	1	0	0	--	--	0	0	0
	Americano	340	3	0	0	1	--	--	0	0	1	0	0	0	--	--	0	0
	Iced Americano	340	3	0	0	1	--	--	0	0	1	0	0	0	--	--	0	0
	Cortado	66	22	1	1	2	1	--	1	0	34	2	1	3	2	--	2	0
	Cappuccino	240	114	6	4	9	8	--	6	0	48	3	2	4	3	--	2	0
	Flat White	240	114	6	4	9	8	--	6	0	48	3	2	4	3	--	2	0
	Latte	340	181	10	6	14	13	--	9	0	53	3	2	4	4	--	3	0
	Iced Latte	340	181	10	6	14	13	--	9	0	53	3	2	4	4	--	3	0
	Matcha Latte	340	138	7	5	11	10	--	8	0	41	2	1	3	3	0	2	0
	Iced Matcha Latte	340	138	7	5	11	10	--	8	0	41	2	1	3	3	0	2	0
	Tumeric Latte	340	156	7	4	18	18	--	6	0	46	2	1	5	5	--	2	0
	English Breakfast Tea	340	21	1	1	2	1	--	1	0	6	0	0	1	0	--	0	0
	Green Tea	340	3	--	--	--	--	--	--	--	1	--	--	--	--	--	--	--
	Fresh Mint Tea	340	5	0	0	1	--	--	1	0	1	0	0	0	0	--	0	0
	Fresh Ginger, Honey & Lemon	340	46	0	0	12	10	0	0	0	14	0	0	4	3	0	0	0
	Tumeric Tea	340	34	--	--	9	9	--	--	0	10	--	--	3	3	--	--	0