

PICK.YOUR.OWN.

Category		Nutritional Information															
Product		Serving Size (g)		Nutritional Information Per Serving													
		Calories (kcal)	Fat (g)	n/w Saturates (g)	Carbohydrate(g)	n/w Sugars(g)	Fibre(g)	Protein (g)	Salt (g)	Calories (kcal)	Fat (g)	n/w Saturates (g)	Carbohydrate(g)	n/w Sugars(g)	Fibre(g)	Protein (g)	Salt (g)
PICK.YOUR.OWN. Paninet - Bases	Butte Season & Herbs	35	0	0	0	0	0	1	0	25	1	0	1	0	1	0	0
	Soft British Lorex	45	7	0	0	1	0	1	0	17	0	0	2	1	1	0	0
	Miso Grain	150	208	4	1	12	2	8	7	139	3	0	21	1	6	4	1
	Seasonal Shredded Veg	88	12	1	0	32	0	2	4	57	1	0	37	0	5	1	0
	Protein Pasta & Kale	95	111	4	0	32	2	5	8	0	117	4	0	12	3	5	8
	Chicken Crackling Panineto	25	91	5	1	10	0	1	2	365	19	2	40	2	8	3	0
	Crisped Seck & Nuts	75	95	4	7	1	0	0	0	278	27	4	11	24	11	0	0
	Apple & Celery Slaw	40	71	0	0	2	0	1	0	178	17	0	6	5	2	1	0
	Calabrian Chili Crunch	25	128	0	12	2	2	1	0	510	49	7	6	2	14	1	0
	Crisp Red Pepper	30	10	0	1	0	0	0	0	32	1	0	2	0	1	0	0
PICK.YOUR.OWN. Paninet - Textures	Diced Smoked Cucumbers	35	5	0	0	1	0	1	0	15	0	0	2	2	1	1	0
	Green Herb Salas	35	30	3	0	1	0	1	1	120	10	2	5	2	1	0	0
	Pickled Chillies & Shallots	25	9	0	0	2	1	0	0	37	1	0	6	4	1	2	2
	Punchy Shredded Carrots	30	22	1	0	2	2	1	0	72	3	0	8	3	1	0	0
	Butter Mayo	35	162	1	17	1	1	1	1	464	3	1	3	3	2	1	0
	Confit Garlic Aioli	35	213	0	23	1	0	0	1	608	65	4	2	1	0	3	1
	Consistent Caesar	35	157	15	0	4	3	0	0	449	44	3	12	10	0	2	0
	Dill Buttermilk	35	93	9	1	3	2	0	2	267	24	2	7	5	0	5	1
	Green Goddess	35	86	9	1	1	0	1	0	246	25	2	3	1	1	2	1
	Lemon & Basil	35	194	0	21	0	0	0	0	553	0	3	1	1	0	1	1
PICK.YOUR.OWN. Paninet - Flavours	Must Pick Honey Mustard	35	134	12	1	6	5	1	0	384	34	2	16	16	2	2	1
	Zhuang Tahini	35	151	16	1	1	1	1	0	431	46	3	4	2	1	2	0
	Olive Oil & Lemon	35	156	18	2	0	0	0	0	446	0	7	0	1	0	0	0
	Smoked Paprika Olives	45	46	5	1	0	0	0	0	103	11	0	0	0	0	1	0
	Avo & Cucumber Gung	50	112	2	10	2	2	1	0	125	11	2	3	1	2	0	0
	Grilled Seaweed Hirocchi	35	108	9	3	1	4	0	0	144	15	2	3	4	1	3	1
	Seasons Tomato Salad	35	19	1	0	2	2	1	1	25	1	0	3	1	1	1	0
	Lincolnshire Cheese	35	81	8	0	5	0	0	6	175	32	0	20	0	0	24	0
	Spicy Feta	30	138	12	6	2	2	0	5	276	24	12	4	4	0	11	3
	London Ketchup	65	20	0	0	3	1	2	1	30	0	0	2	0	1	2	0
PICK.YOUR.OWN. Paninet - Toppers	Lemon & Basil Dressed Roast Chicken	90	118	11	3	178	0	19	3	1077	13	0	0	0	22	0	0
	Barbary Chopped Chicken	90	200	13	3	2	1	0	21	3	222	14	3	2	1	0	0
	Glazed Blytheburgh Ham Hook	90	237	7	5	2	0	1	21	263	8	1	6	4	1	23	1
	Chili Honey Leek Duet Salmon	90	206	3	0	56	2	1	4	295	3	0	66	3	0	0	0
	Charred Cauliflower & Laksa Tofu	200	301	22	9	7	3	5	0	151	11	4	4	1	2	12	0
	Garlic & Rosemary Roast Potatoes	100	154	0	0	14	1	2	0	144	10	2	1	14	1	3	0
	Avo & Chips	473	712	49	0	5	12	12	3	151	2	1	11	1	2	0	0
	P.Y.O. Consistent Caesar	283	628	45	3	10	25	5	3	222	16	3	9	2	1	11	0
	B.I. L.	450	719	30	7	10	13	13	57	4	160	7	3	13	4	8	1
	Chicken Shawarma	365	455	35	5	10	3	31	2	125	8	1	8	3	2	1	0
Signature Paninets	Salmon Pinchos	368	703	36	4	81	65	9	36	191	10	1	22	18	2	9	1
	Calabrian Chili Chicken	465	723	36	7	723	6	5	12	678	14	2	6	7	6	12	0
	Laksa Tofu	468	655	45	11	32	13	14	3	149	10	2	3	8	0	0	0
	Chicken Bone Broth & Miso Grain	615	467	36	4	38	5	10	32	35	3	1	6	1	2	5	1
	Marbled & Water Roast Tomato Sauce	390	579	36	8	109	9	27	4	149	9	2	4	5	10	1	0

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PICK.YOUR.OWN. Juice - Bases		Carrot	100	34	0	0	8	0	1	0	0	34	0	0	8	0	4	1	0
		Celery	45	4	0	0	1	0	1	0	0	9	0	0	1	0	2	1	0
		Cucumber	113	1	0	0	1	0	1	1	0	1	1	0	1	1	1	0	0
		British Apple	150	65	1	0	15	0	15	0	0	43	15	0	10	10	0	1	0
		Orange	225	81	0	0	18	0	18	3	0	36	0	0	8	8	1	1	0
		Pineapple	200	90	0	0	23	0	23	0	1	0	45	0	0	11	11	1	0
PICK.YOUR.OWN. Juice - Mixers		Ginger	13	6	0	0	0	0	0	0	0	44	2	0	8	2	2	0	0
		Kale	50	17	1	0	1	0	1	2	0	33	1	2	0	1	1	0	0
		Lemon	50	4	0	0	1	0	1	0	0	7	0	0	0	0	2	0	0
		Raspberry	100	27	0	0	6	0	6	3	0	27	1	0	6	6	0	0	0
		Strawberry	100	40	1	0	0	0	0	1	0	26	0	0	6	6	4	0	0
		Blackberry	100	43	0	0	5	0	5	0	0	43	0	0	5	5	10	0	0
Signature Juices		Cucumber Hydrate	340	155	2	0	25	4	25	0	7	43	2	0	7	7	0	0	0
		Pineapple Reset	340	205	6	0	39	2	38	4	2	6	56	1	0	11	10	1	0
		Shin Glow	340	230	41	7	42	8	3	0	0	47	41	0	9	9	2	1	0
		Bramble	340	214	5	0	44	38	4	1	0	63	2	0	13	11	1	0	0
		Fresh Apple	340	141	3	0	32	24	5	1	0	42	1	0	9	7	2	0	0
		Fresh Orange	340	136	4	0	20	5	2	0	0	40	1	0	7	6	2	1	0
Signature Shakes		Sweet Date & Nut Energy	355	314	17	2	38	17	18	5	9	88	5	1	10	5	2	2	0
		Berry Collagen	362	192	3	0	36	6	35	1	0	53	3	0	10	3	10	0	0
		Supergreen Matcha	355	153	1	0	35	17	6	0	0	43	0	0	5	2	2	0	0
		Golden Immunity	397	394	12	9	44	28	7	0	0	17	3	2	11	7	1	0	0
P.Y.O. Shots		Ginger Shot	60	0	0	0	9	0	0	0	0	41	9	1	0	0	0	0	0

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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	172	9	86	4	1	14	3	4	4	1
	Roasted Chexoro	68	280	25	9	2	0	--	14	2	415	37	14	3	1	--	20	3
PICK.YOUR.OWN. Breakfast - Toppers	Soft Barford Brown Egg	50	72	5	2	0	0	--	6	0	143	10	3	1	1	--	13	0
	Smoked Chalk Stream Trout	50	95	6	1	0	0	--	11	0	190	12	2	0	0	--	22	2
	Orchard Glazed Ham Hook	90	396	27	9	5	5	40	35	4	440	30	4	10	6	0	0	0
PICK.YOUR.OWN. Breakfast Sides & Sauces	Hulk Brown	35	65	2	0	10	1	1	185	7	0	28	2	4	3	3	3	3
	Horseradish Sauce	35	83	8	1	1	0	1	330	4	34	3	5	4	0	1	0	1
	Ketchup	35	36	0	0	8	8	--	102	0	--	23	0	--	1	2	--	2
Signature Breakfasts	Beans on Toast	325	526	16	8	7	3	11	18	2	162	5	3	24	5	1	5	1
	Farmhouse Breakfast	365	905	54	20	53	8	7	50	6	240	15	5	14	2	2	14	2
	Eggs Royale	205	427	26	7	26	2	22	3	211	13	4	13	1	1	1	11	1
Grab & Go	Apple & Sweet Butta Tahnii Porridge	300	592	8	24	8	20	23	8	197	8	2	26	8	2	7	0	0
	Honey Porridge	275	520	13	7	88	6	46	6	189	5	2	32	11	2	6	0	0
	Overnight Oats with Apple & Sweet Butta Tahnii	175	352	15	4	44	20	5	11	0	201	9	2	25	11	3	6	0
Tea & Coffee	Chocolate & Sour Cherry Chai Pudding	175	262	21	12	4	36	22	4	9	0	150	20	12	6	5	0	0
	Wholemeal Pvc & Double Chocolate Cookies	30	540	79	40	540	28	46	4	440	21	21	4	13	37	6	13	5
	Espresso	36	1	0	0	0	0	0	0	0	0	0	0	0	2	--	0	0
Whole milk assumed, alternatives available	Long Black	240	0	0	0	1	--	0	--	0	0	0	0	--	0	--	0	0
	Americano	340	0	0	0	1	--	0	--	0	0	0	0	--	0	--	0	0
	Iced Americano	340	0	0	0	1	--	0	--	0	0	0	0	--	0	--	0	0
	Cortado	66	22	1	0	2	--	0	--	1	34	2	0	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	--	6	0	--	48	3	--	4	3	--	2	0
	Latte	340	181	10	6	13	11	--	6	0	53	9	2	4	3	--	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	--	1	8	0	41	2	1	3	3	0	2
	Tumeric Latte	340	156	7	4	18	18	--	6	0	46	2	2	4	2	--	1	0
	English Breakfast Tea	340	21	1	0	2	--	1	0	6	0	0	0	1	0	--	0	0
	Green Tea	340	3	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	Fresh Mint Tea	340	0	0	0	1	--	0	0	0	0	0	0	0	0	--	0	0
	Fresh Ginger, Honey & Lemon	340	46	0	0	0	--	0	14	0	0	0	0	0	0	0	4	0
Tumeric Tea	340	34	--	--	9	--	9	--	0	0	0	0	3	3	--	0	0	