

PICK.YOUR.OWN.

PICK.YOUR.OWN.		Nutritional Information																	
Category	Product	Serving Size (g)	Nutritional Information Per Serving										Nutritional Information Per 100g						
			Calories (kcal)	Fat (g)	o/w Saturates (g)	Carbohydrates(g)	o/w Sugars(g)	Fibre(g)	Protein (g)	Salt (g)	Calories (kcal)	Fat (g)	o/w Saturates (g)	Carbohydrates(g)	o/w Sugars(g)	Fibre(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	1	3	0	
	Soft British Leaves	25	4	0	0	1	0	0	0	0	17	0	0	2	1	1	1	0	
	Ezme Fava Beans	175	250	7	1	20	3	19	17	1	143	4	1	11	1	11	9	0	
	Miso Pearl Barley & Grains	150	219	5	1	33	3	9	7	2	146	3	0	22	2	6	5	1	
	Seasonal Shredded Veg	60	16	1	0	2	1	1	0	0	3	3	0	3	2	1	2	0	
PICK.YOUR.OWN. Salads - Textures	House Sauerkraut	30	11	0	0	2	1	1	0	0	33	0	0	5	4	4	2	1	
	Chicken Crackling	15	75	7	2	--	--	--	3	0	470	43	12	--	--	--	20	3	
	Crisp Red Pepper	30	6	0	0	1	1	1	0	0	21	0	0	4	4	2	1	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	1	9	8	2	4	1	
	Green Herb Salsa	25	29	3	0	1	0	--	1	0	114	10	1	3	2	--	3	1	
	Nut Crumble	25	165	15	1	5	4	2	4	0	659	60	5	21	15	8	14	0	
	Pickled Chillies & Shallots	25	9	0	--	2	1	0	0	1	37	0	--	6	4	1	2	2	
	Punchy Shredded Carrots	30	21	1	0	3	3	1	0	0	71	3	0	9	9	4	1	0	
	Soundough Croulons	35	149	7	0	18	0	1	3	1	334	16	1	39	1	2	6	1	
	Calabrian Chili Crunch	25	125	12	2	1	0	0	3	0	496	48	7	4	2	2	10	1	
	Green Goddess	25	61	0	0	1	0	0	0	0	246	25	2	3	1	1	2	1	
	Preserved Lemon & Orange	25	103	10	1	3	3	0	0	1	412	41	2	13	11	1	1	2	
	Coronation Caesar	25	124	12	1	3	3	0	1	0	497	49	3	13	11	0	3	1	
	Dill Butternut	25	67	6	0	2	1	0	0	0	265	24	2	7	5	0	5	1	
Green Harissa Tahini	25	94	9	1	1	0	1	2	0	377	37	5	2	1	2	8	1		
Lemon & Basil	25	139	15	1	0	0	--	0	0	555	61	3	1	--	--	1	1		
Must Pick Honey Mustard	25	96	9	0	4	4	1	1	0	384	34	2	16	16	2	2	1		
PICK.YOUR.OWN. Salads - Flavours	Basque Mayo	25	116	12	1	1	0	0	1	0	466	49	3	4	2	3	1	0	
	Harissa Broccoli & Squash	75	82	4	0	5	5	3	0	66	4	0	6	5	3	3	0	0	
	Smoked Paprika Olives	45	46	5	1	--	--	--	0	1	103	11	2	--	--	--	1	1	
	White Bean & Parsnip Hummus	50	169	11	1	10	2	--	6	0	350	23	2	20	4	12	12	1	
	Crumbed Lancashire Cheese	25	99	9	--	--	--	--	6	0	397	32	20	--	--	--	23	2	
	Avo & Cucumber Guac	90	115	11	2	2	--	1	2	0	106	10	2	2	1	2	0	0	
	Orchard-glazed Ham Hock	90	250	8	6	1	1	23	1	1	266	9	6	1	1	1	24	1	
	Pulled Rotisserie Chicken	90	131	7	2	1	0	1	24	0	140	8	2	2	1	0	26	0	
	Tom Roast Potatoes	75	164	9	1	20	2	2	2	0	122	7	0	15	1	2	2	0	
	Tikka Tofu	150	120	7	1	4	3	1	10	1	82	5	1	3	2	1	7	0	
	Seasons Tomato Salad	75	23	1	0	3	3	1	0	0	30	3	0	4	3	1	1	0	
	Chili Crusted Scottish Salmon	90	206	12	2	0	0	0	23	0	220	13	2	0	0	0	25	0	
	Slow-spiced Lamb Shoulder	90	286	20	9	4	4	0	22	1	298	21	10	4	4	0	23	1	
	Avo & Chips	608	878	42	4	87	13	3	13	3	134	8	1	11	1	2	3	1	
	Everyone Picks (Coronation) Caesar	259	590	42	10	23	5	2	38	2	228	18	4	9	2	1	15	1	
	Signature Salads - Regular	H.L.T.	413	741	30	7	58	10	12	34	4	179	7	2	14	3	3	8	1
Lamb Shawarma		317	437	32	11	9	8	2	27	2	138	10	3	3	3	1	9	1	
Salmon Pinchos		424	797	52	6	28	8	22	46	2	1636	138	13	42	23	24	56	4	
Calabrian Chili Chicken		398	552	39	5	29	9	5	32	2	139	10	1	7	2	1	8	0	
Tofu Tikka Masala		481	651	35	5	37	9	26	36	2	135	7	1	6	2	5	7	0	
Avo & Chips		598	791	45	4	74	8	17	17	4	132	7	1	12	1	3	3	1	
Everyone Picks (Coronation) Caesar		286	596	42	10	23	5	2	39	2	208	15	4	8	2	1	13	1	
H.L.T.		501	852	32	7	75	12	17	38	5	170	6	1	15	2	3	8	1	
Lamb Shawarma		352	449	33	11	10	9	2	28	2	124	9	3	3	2	1	8	1	
Salmon Pinchos		526	925	56	7	38	9	32	54	2	1720	140	13	48	24	30	62	4	
Calabrian Chili Chicken		443	564	40	5	30	6	33	2	1269	106	12	43	23	11	47	4	0	
Tofu 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	2	5	1	
Tuscan Tomato & Chickpeas		616	503	26	2	44	18	13	19	4	82	4	0	7	3	2	3	1	
PICK.YOUR.OWN. Salads - Toppers		Bacon	25	116	12	1	0	0	1	1	0	466	49	3	4	2	3	1	0
		Harissa Broccoli & Squash	75	82	4	0	5	5	3	0	66	4	0	6	5	3	3	0	0
	Smoked Paprika Olives	45	46	5	1	--	--	--	0	1	103	11	2	--	--	--	1	1	
	White Bean & Parsnip Hummus	50	169	11	1	10	2	--	6	0	350	23	2	20	4	12	12	1	
	Crumbed Lancashire Cheese	25	99	9	--	--	--	--	6	0	397	32	20	--	--	--	23	2	
	Avo & Cucumber Guac	90	115	11	2	2	--	1	2	0	106	10	2	2	1	2	0	0	
	Orchard-glazed Ham Hock	90	250	8	6	1	1	23	1	1	266	9	6	1	1	1	24	1	
	Pulled Rotisserie Chicken	90	131	7	2	1	0	1	24	0	140	8	2	2	1	0	26	0	
	Tom Roast Potatoes	75	164	9	1	20	2	2	2	0	122	7	0	15	1	2	2	0	
	Tikka Tofu	150	120	7	1	4	3	1	10	1	82	5	1	3	2	1	7	0	
	Seasons Tomato Salad	75	23	1	0	3	3	1	0	0	30	3	0	4	3	1	1	0	
	Chili Crusted Scottish Salmon	90	206	12	2	0	0	0	23	0	220	13	2	0	0	0	25	0	
	Slow-spiced Lamb Shoulder	90	286	20	9	4	4	0	22	1	298	21	10	4	4	0	23	1	
	Avo & Chips	608	878	42	4	87	13	3	13	3	134	8	1	11	1	2	3	1	
	Everyone Picks (Coronation) Caesar	259	590	42	10	23	5	2	38	2	228	18	4	9	2	1	15	1	
	Signature Salads - Large	H.L.T.	413	741	30	7	58	10	12	34	4	179	7	2	14	3	3	8	1
Lamb Shawarma		317	437	32	11	9	8	2	27	2	138	10	3	3	3	1	9	1	
Salmon Pinchos		424	797	52	6	28	8	22	46	2	1636	138	13	42	23	24	56	4	
Calabrian Chili Chicken		398	552	39	5	29	9	5	32	2	139	10	1	7	2	1	8	0	
Tofu Tikka Masala		481	651	35	5	37	9	26	36	2	135	7	1	6	2	5	7	0	
Avo & Chips		598	791	45	4	74	8	17	17	4	132	7	1	12	1	3	3	1	
Everyone Picks (Coronation) Caesar		286	596	42	10	23	5	2	39	2	208	15	4	8	2	1	13	1	
H.L.T.		501	852	32	7	75	12	17	38	5	170	6	1	15	2	3	8	1	
Lamb Shawarma		352	449	33	11	10	9	2	28	2	124	9	3	3	2	1	8	1	
Salmon Pinchos		526	925	56	7	38	9	32	54	2	1720	140	13	48	24	30	62	4	
Calabrian Chili Chicken		443	564	40	5	30	6	33	2	1269	106	12	43	23	11	47	4	0	
Tofu 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	2	5	1	
Tuscan Tomato & Chickpeas		616	503	26	2	44	18	13	19	4	82	4	0	7	3	2	3	1	
Winter Bowls		Bacon	25	116	12	1	0	0	1	1	0	466	49	3	4	2	3	1	0
		Harissa Broccoli & Squash	75	82	4	0	5	5	3	0	66	4	0	6	5	3	3	0	0
	Smoked Paprika Olives	45	46	5	1	--	--	--	0	1	103	11	2	--	--	--	1	1	
	White Bean & Parsnip Hummus	50	169	11	1	10	2	--	6	0	350	23	2	20	4	12	12	1	
	Crumbed Lancashire Cheese	25	99	9	--	--	--	--	6	0	397	32	20	--	--	--	23	2	
	Avo & Cucumber Guac	90	115	11	2	2	--	1	2	0	106	10	2	2	1	2	0	0	
	Orchard-glazed Ham Hock	90	250	8	6	1	1	23	1	1	266	9	6	1	1	1	24	1	
	Pulled Rotisserie Chicken	90	131	7	2	1	0	1	24	0	140	8	2	2	1	0	26	0	