

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
	Extrn 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	1	0	27	1	0	3	2	1	2	0
PICK.YOUR.OWN. Salads - Textures	House Sauerkraut	30	11	0	0	2	2	1	1	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	0	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	1	0
	Apple & Celerly 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
	Sourdough Croutons	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	6	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	2	1
	Coronation Caesar	25	124	12	1	3	3	0	1	0	497	49	3	13	11	0	3	1
	Dill Buttermilk	25	67	6	0	2	1	0	1	0	266	24	2	7	5	0	5	1
PICK.YOUR.OWN. Salads - Flavours	Green Harissa Tahini	25	94	9	1	1	0	—	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	1
	Must Pick Honey Mustard	25	96	9	0	4	4	1	1	0	384	34	2	16	16	2	2	1
	Balsque Mayo	25	116	12	1	1	0	0	1	0	466	49	3	4	2	2	3	1
	Harissa Broccoli & Squash	75	62	4	0	5	3	0	3	0	66	4	0	6	3	3	0	0
	Smoked Paprika Olives	45	46	5	—	—	—	0	1	0	103	11	2	—	—	—	1	1
	White Bean & Parsnip Hummus	50	169	11	1	10	2	6	6	0	350	23	2	20	4	12	12	1
	Crumbled Lancashire Cheese	25	99	8	5	—	—	—	5	0	397	32	20	—	—	—	2	2
	Avo & Cucumber Guac	90	115	11	2	2	1	1	2	0	106	10	2	2	1	1	2	0
	Orchard-glazed Ham Hock	90	250	8	6	1	1	1	23	1	256	9	6	1	1	1	24	1
PICK.YOUR.OWN. Salads - Toppers	Pulled Rotisserie Chicken	90	131	7	2	2	1	0	24	0	140	6	2	2	1	0	26	0
	Tom Roast Potatoes	75	164	9	1	2	2	2	2	0	122	7	0	15	0	2	0	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	1	1	0	0	30	1	0	4	0	1	1	1
	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	508	678	42	4	57	6	12	13	3	134	8	1	11	1	2	3	1
	Everyone Picks (Coronation) Caesar	286	590	42	10	23	5	2	38	2	226	16	4	9	2	1	15	1
	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	1	9	1	1
Signature Salads - Regular	Salmon Pictosh	424	797	52	6	28	8	22	46	2	188	12	1	7	2	6	11	0
	Calabrian Chili Chicken	398	552	39	5	29	9	5	32	2	139	10	1	7	2	1	8	0
	Tofu Tikka Massala	481	651	35	5	37	9	26	36	2	135	7	1	8	2	5	7	0
	Avo & Chips	598	791	45	4	74	8	17	4	17	12	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	362	449	33	11	10	9	2	28	2	124	9	3	3	2	1	8	1
	Salmon Pictosh	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	9	6	33	2	1269	106	12	43	23	11	47	4
	Tofu Tikka Massala	581	778	38	5	47	10	36	44	2	1100	72	9	53	15	34	46	5
Winter Bowls	Chicken Bone Broth & Grains	593	448	15	2	47	13	13	27	5	75	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

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PICK.YOUR.OWN. Organic Juices - Bases			Carrot	100	34	0	0	8	7	4	1	0	34	0	0.4	0.10	10	—	1	7.2	3.9
			Celerly	45	4	0	—	1	1	1	4	0	9	0	—	—	1	1	2	1	0
			Cucumber	113	16	1	—	1	1	1	1	0	14	0.6	0	1.2	1.2	0.7	1.0	0	
			British Apple	150	65	1	0	15	15	2	1	0	43	0.4	0.0	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	11	1	1	—	
			Ginger	13	6	1	0	1	0	0	0	0	44	0.8	0.20	6.1	1.7	2.0	1.8	0	
			Kale	60	17	1	0	1	1	—	2	0	33	1.6	0.20	14	1.3	0	3.4	0	
			Lemon	50	4	—	—	1	1	—	0	0	7	0.0	0.0	1.6	1.6	0	0.3	0	
			Parsley	15	5	0	—	0	0	—	0	0	34	1.3	0	2.7	0	3.0	0	0	
			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	
			British Greens	340	131	7	1	16	16	2	3	0	60	3	0	7	7	1	1	0	
			Cheek & Green	340	155	6	0	25	25	4	2	0	43	2	0	7	7	1	1	0	
			Apple Bramble	340	133	6	0	20	20	4	2	0	48	2	0	7	7	1	1	0	
Signature Organic Juices			Rebalance	340	205	6	0	39	38	4	2	0	56	2	0	11	10	1	1	0	
			Citrus Carrot	340	154	6	0	27	26	7	2	0	45	2	0	7	7	2	1	0	
			Skin Glow	340	230	7	1	42	41	8	3	0	47	1	0	9	8	2	1	0	
			Strawberry Fields	340	143	6	0	22	22	5	2	0	47	2	0	7	7	2	1	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	9	1	1	0	
			Green Shot	60	55	1	0	12	11	1	1	0	42	0	0	9	9	1	1	0	