

Salad Platters

Meaty Salads

Chef's salad

Romaine lettuce, roast turkey, honey roast ham, Swiss cheese, cherry tomatoes, avocado, boiled eggs, cucumber & pot of Dijon dressing **[NG] MIL, EGG, MUS**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Chicken pasta salad

Marinated grilled chicken, sun blushed tomatoes, artichoke hearts, mozzarella, Kalamata olives, toasted pine nuts, parmesan, baby spinach, sun dried tomato pesto dressing **GLU (WHEAT), MIL**

£18.30
Small: Serves 3-4

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Mediterranean grilled chicken salad

Marinated grilled chicken, roast peppers, green beans, red onion, artichoke hearts, olives, sun blushed tomatoes & rocket **[NG] [DF]**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Greek island chicken salad

Grilled chicken, feta, cucumbers, tomatoes, peppers, Kalamata olives & pot of lemon & mint dressing **[NG] MIL**

£18.30
Small: Serves 3-4

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Moroccan chicken couscous salad

Moroccan spiced chicken with Mediterranean grilled vegetable cous cous & pot of mint yoghurt dressing **GLU (WHEAT), MIL**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Grilled Chicken Caesar salad

Herb grilled chicken, romaine lettuce, cherry tomatoes, avocado, croutons, Parmesan & pot of Caesar dressing **GLU (WHEAT), MIL, EGG, FIS, SUL**

£18.30
Small: Serves 3-4

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Bang Bang chicken salad

Shredded poached chicken, crunchy vegetables, crunchy lettuce, coriander & lemon grass peanut dressing **[N] [DF] GLU (WHEAT), PEA, SES, SOY, FIS**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Chorizo salad

Grilled chorizo, new potatoes, green beans, cherry tomatoes, butter beans black olives & rocket **[NG] MIL**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Thai beef salad

Marinated slices of steak with a crunchy vegetables, cherry tomatoes, baby gem & pot of Thai dressing **[DF] GLU (WHEAT), FIS, SOY, SES**

£42.90
Medium: Serves 5-8

£55.00
Large: Serves 9-12

Parma ham & goat's cheese salad

Balsamic beetroot, red onions, green beans, baby spinach, toasted pecans **[NG] MIL, TRE (PECANS)**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Chicken Tricolor salad

Herb grilled chicken, buffalo mozzarella, beef tomato, avocado, olives & pot of pesto dressing **[NG] MIL**

£42.90
Medium: Serves 5-8

£55.00
Large: Serves 9-12

Chicken, avocado & quinoa salad

With kidney beans, rocket, tomatoes, spring onions, toasted pine nuts & lime dressing **[DF] GLU (WHEAT)**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Seasonal salad

Vietnamese beef noodle salad Rice noodles, shredded carrot, cucumber, bean sprouts, spring onions, fresh mint & toasted peanuts, chilli & ginger dressing

£42.90
Medium: **£55.00**
Large:

Chipotle grilled chicken salad

Chorizo, quinoa, avocado, spring onion, baby spinach, sun blushed tomato, lime crème fraiche dressing

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Fregola salad

With Parma ham, grilled courgettes, goat's cheese, fresh figs, green olives, toasted almonds, mixed leaves, balsamic dressing

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Vietnamese beef noodle salad

Rice noodles, shredded carrot, cucumber, bean sprouts, spring onions, fresh mint, coriander, toasted peanuts, Vietnamese chilli and ginger dressing

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Autumn chicken cobb salad

Shredded chicken, roast butternut, fennel, eggs, blue cheese, avocado, crispy bacon, baby gem, sunflower seeds, dried cranberries, green goddess dressing. **[NG], EGG, MUS, FIS, MIL**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Chorizo, fregola & feta salad

Grilled courgette, borlotti beans, red onions, radicchio, rocket, toasted pine nuts, balsamic dressing **GLU (WHE), MIL**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Chicken satay noodle salad

Egg noodles, crunchy carrots, red cabbage, spring onions, bean sprouts, coriander, ginger, toasted peanuts, sesame miso dressing **[DF], GLU (WHE), SOY, SES, TRE (PEANUTS)**

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Fishy Salads

Tuna Nicoise salad

Tuna chunks, new potatoes, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs, romaine lettuce & pot of Dijon dressing **[DF] [NG]**
FIS, EGG, MUS

£18.30

Small: Serves 3-4

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Salmon pasta salad

Flaked salmon, cherry tomatoes, cucumber & lemon dill crème fraîche dressing **GLU (WHEAT), MIL, MUS, FIS, CEL**

£42.90

Medium: Serves 5-8

£55.00

Large: Serves 9-12

Tuna pasta Nicoise

Tuna chunks, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs & lemon wedges **[DF] GLU (WHEAT), FIS, EGG, MUS**

£18.30

Small: Serves 3-4

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Grilled salmon Caesar salad

Herb grilled salmon, romaine lettuce, cherry tomatoes, avocado, croutons, Parmesan & pot of Caesar dressing **GLU (WHEAT), FIS, SUL, MIL**

£21.60

Small: Serves 3-4

£42.90

Medium: Serves 5-8

£55.00

Large: Serves 9-12

Grilled salmon Nicoise salad

Herb grilled salmon, romaine lettuce, cherry tomatoes, green beans, new potatoes, olives, red onion, boiled eggs & pot of Dijon dressing **[NG] EGG, FIS, MUS**

£21.60

Small: Serves 3-4

£42.90

Medium: Serves 5-8

£55.00

Large: Serves 9-12

Moroccan salmon tabouli salad

Grilled salmon fillet with chickpea & preserved lemon tabouli & pot of mint yoghurt dressing **GLU (WHEAT), FIS, MIL**

£42.90

Medium: Serves 5-8

£55.00

Large: Serves 9-12

Poached salmon salad

Poached salmon chunks with shaved fennel, green beans, sugar snaps, cherry tomatoes, cucumbers, lemon & dill **[NG] [DF] FIS, CEL**

£42.90
Medium: Serves 5-8

£55.00
Large: Serves 9-12

Blackened Cajun salmon salad

Cajun grilled salmon chunks with tomato rice, spring onions, peppers, kidney beans, coriander, lime & avocado salsa **[NG] [DF] FIS**

£42.90
Medium: Serves 5-8

£55.00
Large: Serves 9-12

Smoked salmon salad

Slices of smoked salmon with prawn cocktail, beef tomato, cucumber, mixed leaves & lemon wedges **[NG] FIS, CEL, MUS, EGG, CRU**

£21.60
Small: Serves 3-4

£42.90
Medium: Serves 5-8

£55.00
Large: Serves 9-12

Crayfish salad

Crayfish in seafood dressing, beef tomato, avocado, cucumber, mixed leaves & lemon wedges **[NG] CRU, CEL, MUS, EGG**

£20.50
Small: Serves 3-4

£40.80
Medium: Serves 5-8

£52.40
Large: Serves 9-12

Provençal king prawn salad

Grilled king prawns, Mediterranean grilled vegetables & mixed leaves with a cherry tomato, lemon & parsley dressing **[NG] [DF] CRU**

£60.70
Medium: Serves 5-8

£91.00
Large: Serves 9-12

Seafood salad

King prawns, smoked salmon, crayfish cocktail, beef tomato, cucumber, mixed leaves & lemon wedges **[NG] CRU, FIS, CEL, MUS, EGG**

£60.70
Medium: Serves 5-8

£91.00
Large: Serves 9-12

Wasabi salmon salad

Edamame beans, avocado, cucumber, spring onions, mooli, sugar snaps, baby spinach, baby gem, coriander, sesame seeds, wasabi dressing **[DF] [NG], SES, FIS, SOY**

£42.50
Medium: Serves 5-8

£55.00
Large: Serves 9-12

Smoked salmon & rocket salad

Avocado, cucumber, radishes, shaved fennel, spring onions, lime dressing

£42.90

Medium: Serves 5-8

£55.00

Large: Serves 9-12

Piri-Piri salmon salad

Brown rice, avocado, spring onions, radishes, watercress, coriander, siracha mayo

£42.90

Medium: Serves 5-8

£55.00

Large: Serves 9-12

King prawn & mango salad

Avocado, baby gem, cherry tomato, lime, chilli, coriander, lime dressing

£60.70

Medium: Serves 5-8

£84.60

Large: Serves 9-12

Smoked salmon & lentil salad

Lemon & mustard marinated lentils, shaved fennel, radishes, soft boiled egg, watercress, yoghurt dill dressing **[NG], FIS, MUS**

£42.90

Medium: Serves 5-8

£55.00

Large: Serves 9-12

Mackerel superfood salad

Smoked mackerel, quinoa, tenderstem broccoli, baby spinach, cucumber, red onion, beetroot, mixed seeds, lemon dressing **[NG], [DF], FIS**

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Harissa prawn & Israeli cous cous salad

Roast sweet potato, red pepper, red onion, avocado, watercress, sun blushed tomato, feta **CRU, GLU (WHE), MIL**

£60.70

Medium: Serves 5-8

£84.60

Large: Serves 9-12

Veggie Salads

Simple green salad

Mixed leaves with a pot of Dijon dressing **[V] [VG] [NG] [DF] MUS**

£12.20

Small: Serves 3-4

£18.30

Medium: Serves 5-8

£24.30

Large: Serves 9-12

Coleslaw salad

Shredded white cabbage, carrot, onions & apple in a light mayonnaise dressing [V] [NG] MUS, EGG

£24.30
Medium: Serves 5-8

£36.50
Large: Serves 9-12

Garden salad

Mixed leaves, cherry tomato, peppers, cucumber, radish, carrot & pot of Dijon dressing [V] [VG] [NG] [DF] MUS

£15.30
Small: Serves 3-4

£24.30
Medium: Serves 5-8

£36.50
Large: Serves 9-12

Bean salad

Mixed beans, green beans, diced peppers, cucumber & celery with a herbed vinaigrette [V] [VG] [DF] [NG] MUS, CEL

£30.40
Medium: Serves 5-8

£42.70
Large: Serves 9-12

Rice salad

Herbed rice salad with mixed beans, diced peppers, cucumber, radish & celery [V] [VG] [NG] [DF] CEL, MUS

£30.40
Medium: Serves 5-8

£42.70
Large: Serves 9-12

Tabouli salad

Cracked wheat with fresh herbs, cucumber, cherry tomato, radishes, spring onion & lemon dressing [V] [VG] [DF] GLU (WHEAT)

£30.40
Medium: Serves 5-8

£42.70
Large: Serves 9-12

Caesar salad

Romaine lettuce, cherry tomatoes, avocado, croutons, Parmesan & pot of Caesar dressing GLU (WHEAT), FIS, MIL, SUL, EGG *Contains anchovies in the dressing

£15.30
Small: Serves 3-4

£30.40
Medium: Serves 5-8

£42.70
Large: Serves 9-12

New potato salad

With mayonnaise, wholegrain mustard, crème fraîche, spring onion, gherkins, radish & chives [V] [NG] MUS, EGG, SUL, MIL

£30.40
Medium: Serves 5-8

£42.70
Large: Serves 9-12

Grilled broccoli salad

With lemon, chilli & garlic dressing [V] [VG] [NG] [DF] SES, SOY

£30.40

Medium: Serves 5-8

£42.70

Large: Serves 9-12

Oriental vegetable noodle salad

With celery, sugar snaps, carrots, peppers, broccoli, spring onions, cucumber & sesame, ginger and coriander dressing [V] [DF] CEL, SOY, SES, GLU (WHEAT), EGG

£30.40

Medium: Serves 5-8

£42.70

Large: Serves 9-12

Rocket salad

With sun blushed tomatoes, shaved parmesan & pot of balsamic dressing [V] [NG] MIL

£15.30

Small: Serves 3-4

£30.40

Medium: Serves 5-8

£42.70

Large: Serves 9-12

Pesto pasta salad

Cherry tomatoes, baby mozzarella, olives, rocket, parmesan, pine nuts & pesto dressing [V] GLU (WHEAT), MIL

£18.30

Small: Serves 3-4

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Greek salad

Feta, cucumbers, tomatoes, peppers, onion, Kalamata olives & pot of lemon & mint dressing [V] [NG] MIL

£18.30

Small: Serves 3-4

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Roasted butternut couscous salad

With grilled peppers & courgettes, fresh herbs, raisins, toasted pine nuts, preserved lemon & crumbled feta [V] GLU (WHEAT), MIL, SUL

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Grilled vegetable salad

Seasonal grilled vegetables with rocket, shaved parmesan & pot of balsamic dressing [V] [NG] MIL

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Mozzarella salad

Baby mozzarella, cherry tomatoes, avocado, basil & extra virgin olive oil [V] [NG] MIL

£18.30
Small: Serves 3-4

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Roasted vegetable pasta salad

Seasonal roasted vegetables with rocket, crumbled goat's cheese, toasted pine nuts & pesto dressing [V] GLU MIL

£16.50
Small: Serves 3-4

£33.00
Medium: Serves 5-8

£44.00
Large: Serves 9-12

Tricolor salad

Buffalo mozzarella, beef tomato, avocado, basil, olives & extra virgin olive oil [V] [NG] MIL

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Grilled courgette salad

With slow roast tomatoes, shaved parmesan, rocket & pot of balsamic dressing [V] [NG] MIL

£18.30
Small: Serves 3-4

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Wild rice, lentil & feta salad

With roast butternut, baby spinach, roast red pepper & toasted pumpkin seeds [V] [NG] MIL, MUS

£36.50
Medium: Serves 5-8

£48.60
Large: Serves 9-12

Mexican tomato & avocado salad

Tomato, avocado, iceberg, coriander & lemon dressing [V] [VG] [NG] [DF]

£24.30

Medium: Serves 5-8

£36.50

Large: Serves 9-12

Teriyaki mushroom salad

Soba noodles, mooli, beansprouts, carrots, baby spinach, spring onions, toasted sesame seeds, miso dressing

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Asian green salad

Edamame beans, avocado, cucumber, spring onion, mooli, sugar snaps, baby spinach, baby gem, coriander, toasted sesame seeds, lime, ginger & chilli dressing

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Quinoa superfood salad

Roast sweet potato, tender stem broccoli, avocado, pomegranate, chili, watercress, goat's chesse, mixed seeds

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Mediterranean couscous salad

Mediterranean roast vegetables, fresh herbs, raisins, toasted pine nuts, preserved lemon, crumbled feta, harissa dressing [V] GLU (WHEAT), SUL, MIL

£36.50

Medium: Serves 5-8

£48.60

Large:

Zaatar roast cauliflower & black rice salad

Spring onions, chilli, mint, parsley, pumpkin seeds, fresh pomegranite, tahini dressing [V], [VG], [DF], [NG], SES

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Autumn pasta salad

Whole wheat fusilli, roast butternut & red onion, baby kale, crumbled feta, toasted almonds, sun dried tomato dressing. [V], MIL, GLU (WHEAT) TRE (ALMONDS)

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Miso glazed tofu sesame soba noodle salad

Teriyaki mushrooms, grilled broccoli, carrot ribbons, baby spinach, spring onions, chilli [V], [DF], [VG], SOY, SES, GLU (WHE)

£36.50

Medium: Serves 5-8

£48.60

Large: Serves 9-12

Individual Meaty Salads

Individual chicken Caesar salad

£6.95
per person

Grilled chicken, cherry tomatoes, avocado, parmesan, croutons, baby gem & pot of Caesar dressing **MIL, FIS, SUL, GLU (WHEAT), MUS**

Individual chicken pasta salad

£6.95
per person

Grilled chicken, sun blushed tomatoes, artichoke hearts, mozzarella, Kalamata olives, toasted pine nuts, parmesan, baby spinach, sun dried tomato pesto dressing **GLU (WHEAT) MIL**

Individual chicken garden salad

£6.95
per person

Grilled chicken, mixed leaves, cherry tomato, peppers, cucumber, radish, carrot & a pot of Dijon dressing **[NG] [DF] MUS**

Individual Fishy Salads

Individual Tuna Nicoise salad

£6.95
per person

Tuna chunks, new potatoes, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs, baby gem & lemon **[NG] FIS, EGG**

Individual prawn cocktail salad

£6.95
per person

With tomato, avocado, lemon & shredded lettuce **[NG] [DF] CRU, EGG, MUS, CEL**

Individual smoked salmon salad

£6.95
per person

With smoked salmon, avocado, cucumber, tomato, lemon, mixed salad leaves & pot of Dijon dressing **[NG] [DF] FIS, MUS**

Individual seafood salad

£6.95
per person

With smoked salmon, prawn cocktail, cucumber, tomato, lemon, mixed salad leaves & pot of Dijon dressing **[NG] [DF] CRU, FIS, EGG, MUS, CEL**

Individual Tuna Pasta Nicoise

£6.95
per person

Tuna chunks, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs & lemon wedges **[DF] GLU, FIS, EGG**

Individual Veggie Salads

Individual Greek salad **£6.95**
per person

Feta, cucumbers, tomatoes, peppers, onion, Kalamata olives & a pot of lemon & mint dressing [V] [NG] MIL

Individual pesto pasta salad **£6.95**
per person

Cherry tomatoes, baby mozzarella, olives, rocket, parmesan, pine nuts & pesto dressing [V] GLU (WHEAT), MIL

Individual hummus salad **£6.95**
per person

With courgette fritters, feta, olives, cucumber & cherry tomatoes [V] GLU (WHEAT), MIL, EGG

Individual garden salad **£6.95**
per person

Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing [V] [VG] [NG] [DF] MUS

Super Salads

Chicken, avocado & quinoa salad **£6.95**
per person

With kidney beans, rocket, tomatoes, toasted pine nuts & lime dressing [DF] GLU (WHEAT)

Teriyaki salmon & soba noodle salad **£6.95**
per person

[DF] GLU SES FIS SOY

With sugar snaps, broccoli, beansprouts, spring onions, carrot, coriander, ginger, lime & toasted sesame seeds [DF] GLU (WHEAT) SES, FIS, SOY

Wild rice, lentil & feta salad **£6.95**
per person

[V] [NG] MUS MIL

With roast butternut, baby spinach, roast red pepper & toasted pumpkin seeds [V] [NG] MIL, MUS