



Salads

Per portion (minimum 8 portions)

Superfood Salads

All £4.95

- Pearl Barley** – sun dried tomato, butternut squash, green beans, roast mixed peppers, chick peas, sultanas, peas, herbs & tamarind dressing **v**
- Kaleslaw** – curly kale, red onions, carrots, wholegrain mustard vinaigrette **VG**
- Steamed broccoli** – edamame beans, lime juice, matcha & yoghurt **v**
- Chargrilled broccoli** – butternut squash, edamame beans, quina, Alfa Alfa cress, mint, parsley & Baobab citrus dressing **VG GF**
- Avocado** – with mixed peppers, iceberg lettuce, spring onion, cherry tomatoes, corriander, sweet chilli & lemon dressing **VG**

Grain Salads

All £4.25

- Tabbouleh** – bulgur wheat, tomato, parsley & mint **VG**
- Giant couscous salad** – dried apricots, peppers, pine nuts & coriander **VG**
- Red rice salad** – with pearl barley, peas, sultanas, spring onion, mint, carrot, roasted peppers, onion oil dressing with broad beans **VG**
- Mixed rice salad** – roast pepper, peas, pomegranate, broad beans & parmesan cheese with balsamic vinegar **v**
- Kale & bulgur wheat** – with sorrel pesto, pickled cucumber & almonds **v**
- Red & basmati rice** – with purple sprouting broccoli, ginger & buckwheat **v**
- Quinoa salad** – green beans, roast butternut squash, peppers, onion, lentils, sunflower seeds & tomato dressing **VG**

Pickled Salads

- Red cabbage salad** – with light mayo dressing, sultanas & walnuts, white wine vinegar **v** £3.50
- Tunisian salad** – aubergine, coriander, tomato, garlic, red onion chutney **VG GF** £3.50
- Roast beetroot** – green beans, tomato, blue cheese and balsamic dressing **v** £3.95

Gourmet Salads

All £4.25

- Roast vegetable salad** – red, yellow & green peppers, butternut squash, red onion, courgette & mixed herbs, parsley, coriander & chives **VG GF**
- Roast aubergine** – mozzarella, rocket, tomato & balsamic dressing **v**
- Vingole** – broad beans, asparagus, peas, shallots, parsley & mint in a balsamic dressing **VG GF**
- New Season Chickpea Salad** – artichoke hearts, sundried tomatoes & cherry tomatoes **VG GF**
- Balsamic roasted beetroots** – with charred shallots, horseradish & mint sour cream
- Curried cauliflower & carrot** – sultanas, broccoli, tumeric, cummin & parsley **VG GF**

+ VAT