

BESPOKE SALADS

Eat they way U like it when U build your own superfood bowl.
Simply select x1 protein and then pick'n'mix from the following.

PROTEIN

- CHICKEN 8.50
- SALMON 9.50 **F**
- EGG 6.95 **E**
- FETA 6.95 **D**
- JACKFRUIT 6.95 **V**
- SILKEN TOFU 7.50 **V**

RAW

- KALE
- CARROT
- DATTERINI TOMATO
- CUCUMBER
- BABY GEM
- SPRING ONION
- LOVAGE
- PARSLEY
- CORIANDER
- GREEN BEAN
- WATERCRESS
- POMEGRANATE
- MANGO
- AVOCADO

ALLERGENS KEY

- S** Sulphates
- NS** Nuts
- M** Mustard
- C** Celery
- VC** Vegetarian
- V** Vegan
- D** Dairy
- G** Gluten
- E** Eggs
- F** Fish

PICKLED & FERMENTED

- CUCUMBER PICKLE **S**
- HOUSE KIMCHI
- RED CABBAGE
- ONION SALSA **S**
- SHIMEJI MUSHROOM **S**

DRESSING

- KOREAN **G**
- HOUSE VINAGERETTE **F** **G** **M**
- SICILIAN LEMON DRESSING
- VEGAN CORONATION **M**
- BALSAMIC PONZU
- TURMERIC & MISO YOGHURT
- NIÇOISE ANCHOVY DRESSING

NUTS, SEEDS & CARBS

- BROWN RICE
- WALNUT & HAZEL DUKKAH
- TOASTED BUCKWHEAT
- SESAME
- CRISPY ONIONS
- CROUTONS
- SMOKED ALMONDS