

SALADS

Deli Super Salad

Kale, charred broccoli, carrot, roquito pepper, blueberries, charred auborgine, purple onion

Roasted Butternut Squash and Sweet Potato Salad

With chilli and coriander, quinoa, pumpkin and sunflower seeds

Beetroot & Raspberry Salad

Sliced beetroot and fresh raspberries served in walnut oil and raspberry vinaigrette

Traditional Potato Salad

With onions, mayonnaise, mustard seeds, and Italian parsley

Super Green Pea Salad

Peas, sugar snap, mange tout, courgettes and spinach in green garlic dressing

Barley and Squash Salad

Roasted seeds, barley, giant cous, roasted broccoli, capers, red onion and balsamic

Marinated Feta and Tomato Salad

With black olives, red onions, and fresh herbs

Mixed Baby Leaf Salad

Rocket, watercress, pea shoot, oak leaf lettuce with toasted hemp seeds

Tiny Gourmet Tomato Medley

Baby plum, yellow cherry, tiny orange flame and mini vine tomatoes

Red Ruby Salad

Red cabbage, red pepper, tomatoes, red onion, radish, pomegranate, watermelon, raspberry vinaigrette

Chunky American Coleslaw

Crisp white cabbage, grated carrot, onion in mayonnaise with poppy & mustard seed,

Tabouleah

Bulgur wheat, couscous, mint, onion, tomato lemon parsley & olive oil

Pea, Mint and Feta Salad

With lemon and spring onion dressing and roast pumpkins seeds

Carrot, Orange & Sesame Seed Salad

Grated sweet baby carrots, marmalade vinaigrette, toasted sesame seeds & raisins

Spiced Rice

White and Gold rice, coconut, fresh mango, raisins, chickpeas, banana, cucumber