Section	Ingredients	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME	SOYBEAN	SULPHITES
	the sp caesar			X		X	X		X						X	
	caulipower								X					X		
	the G.O.A.T								X		X	X				
	hakuna burrata								X		X	X			X	X
	middle feast													X	X	
	the fun guy			X										X	X	X
	the market bowl															
	kung fu tofu											X		X	X	X
	miso salmon													X		
	rocket re-fuel			X					X		X					X
	squash no beef								X		X	X		X		X
menu items	the autumn bowl			X					X		X			X		X
	Kale															
	Spinach															
	Rocket															
	Cos															
	Whole Grain Rice															
Base	Quinoa & Freekeh															
	Chipotle Caesar Dressing															
	Balsamic Vinaigrette															
	Pomegranate Vinaigrette															
	Miso Dressing															
	Sesame Soy Dressing															
	Green Goddess Dressing										X					
	Spicy Cashew Dressing															
	Tahini & Lemon Dressing															
Dressing	Honey Mustard Dressing										X					X
	Roasted Sweet Potato															
	Sweetcorn															
	Caramelised Red Onion															
	Shredded Carrot															
	Roasted Beets & Parsnips															
	Cherry Tomatoes															
	Cucumber															
	Mixed Cabbage															
	Chargrilled Broccoli															
	Apple															
	Basil															
	Coriander															
	Miso Aubergine														X	
Toppings	Edamame														X	
	SP Chicken Breast															
	Spiced Chicken Thigh															
	Sesame Tofu															
	Baked Falafel															
	Roasted Spiced Cauliflower															
	Garlic Soy Mushrooms															
	Bacon Brussels Sprouts															X
	Truffle Butternut Squash															
	Burrata															
Headliner	Roast Salmon															
	Feta															
	Goats Cheese															
	Parmesan															
	Hummus															
	Stilton								X							
	Kimchi															
	Pickled Red Onion															
	Crispy Chickpeas															
Premium	Maple Walnuts															
	Croutons															
	Seed Mix															
	Maple Soy Seeds															
	Pomegranate Seeds															
Crunch	Hazlenuts															
	Lemon Squeeze															
	Salt															
	Pepper															
	Balsamic Vinigar															
Touches	Olive Oil															