Category	Item	Portion	Calories per 100g	Calorie per portion	carbs per 100g	cars per portion	fats per 100 g	fats per portion	proteins per 100g	proteins per portion
Base	Shredded Kale	70	49	34	5	3	3	2	2	1
	Spinach	85	16	14	3	2	0	0	2	1
	Rocket	70	21	15	2	2	0	0	3	2
	Romaine	70	14	10	2	2	0	0	1	1
	Wholegrain Rice	95	104	99	23	22	0	0	2	2
	Quinoa & Freekeh	95	120	114	21	20	2	2	4	4
Dressing	Chipotle Caesar	30	350	105	18	5	31	9	1	0
	Balsamic Dressing	30	193	58	21	6	12	4	1	0
	Pomegranate Vinaigrette	30	233	70	31	9	12	3	1	0
	Miso Dressing	30	665	200	9	3	65	19	6	2
	Sesame Soy	30	675	203	13	4	62	19	12	4
	Green Goddess	30	498	149	10	3	49	15	2	1
	Spicy Cashew	30	345	104	16	5	23	7	11	3
	Tahini & lemon dressing	30	617	185	8	2	53	16	14	4
	Honey Mustard	30	278	83	9	3	26	8	2	1
Toppings	Roasted sweet potato	60	94	56	14	8	4	2	1	1
	Corn	60	96	58	11	7	1	0	2	1
	Caramelised Red Onion	35	85	30	6	2	7	2	1	0
	Peeled carrot	25	38	10	8	2	0	0	1	0
	Roasted beets & parsnips	60	131	79	12	7	9	6	1	0
	Tomatoes	60	11	7	2	1	1	0	0	0
	Cucumber	40	17	7	4	1	0	0	1	0
	Shredded mixed cabbage	25	25	6	6	2	0	0	1	0
	Chargrilled broccoli	40	65	26	5	2	5	2	2	1
	Apple	35	52	18	14	5	0	0	0	0
	Basil	20	28	6	3	1	1	0	3	1
	Cordiander	20	24	5	2	0	1	0	3	1
	Edamame	20	122	24	10	2	5	1	11	2
	Miso Aubergine	20	91	18	2	0	5	1	3	1
Headliner	Chicken Breast	100	204	204	10	10	6	6	27	27
	Spiced Chicken Thigh	100	218	218	9	9	10	10	23	23
	Sesame Tofu	100	204	204	10	10	11	11	16	16
	Crispy Baked Falafel	75	179	134	20	15	7	5	9	6
	Spiced roast cauliflower	100	199	199	8	8	13	13	2	2
	Garlic soy mushrooms	100	144	144	7	7	12	12	5	5
	Bacon Brussels Sprouts	100	108	108	6	6	8	8	3	3
	Truffle Butternut Squash	100	113	113	12	12	5	5	1	1
	Burrata	100	250	250	4	4	21	21	11	11
	Salmon	125	179	224	0	0	10	13	22	28
Premium	Feta	30	261	78	4	1	21	6	14	4
	Goats Cheese	30	364	109	0	0	30	9	22	7
	Parmesan	40	431	172	4	2	29	12	38	15
	Hummus	60	166	100	14	8	10	6	8	5
	Stilton	60	410	246	1	1	35	21	23	14
	Maple Walnuts	20	654	131	14	3	65	13	15	3
	Kimchi	25	46	12	8	2	0	0	3	1
Pickle & Crunch	Pickled red onion	25	23	6	5	1	0	0	1	0
	Roast crispy chickpeas	15	180	27	30	5	3	0	10	1
	Croutons	30	289	87	56	17	2	1	12	4
	Seed Mix	15	556	83	18	3	48	7	24	4
	Maple Soy Seeds	20	525	105	16	3	44	9	22	4
	Pomegranate Seeds	30	49	15	11	3	1	0	1	0
	Crushed Hazlenuts	30	628	188	17	5	61	18	15	5
Touches	Lemon Squeeze	100	22	22	7	7	0	0	0	0
	Balsamic Dressing	30	193	58	21	6	12	4	1	0
	Olive Oil	30	881	264	0	0	99	30	0	0

	The SP Cesar	**Caulipowe**	**Middle Feast**	**Hakuna Burrata**	**The G.O.A.T**	**The Market Bowl**	**Kung Fu Tofu**	**Rocket Refuel**	**Miso Salmon**	**the fun guy**
Total with dressings	440	560	598	453	757	617	602	548	678	524
Total without dressings	335	374	413	370	484	547	399	420	620	421