



menu

autumn 2021

the salads

the sp caesar ♥

kale, cos, cherry tomatoes, sp chicken breast,
parmesan, croutons x2

chipotle caesar dressing £9.95

caulipower V GF

kale, roasted sweet potatoes, caramelised red onions,
carrots, cucumbers, roasted spiced cauliflower, feta,
pickled red onions

tahini lemon dressing £9.55

the G.O.A.T ♥ GF

rocket, roasted sweet potatoes, caramelised red onions,
cherry tomatoes, basil, sp chicken breast, goat's cheese,
maple walnuts

green goddess dressing £9.95

hakuna burrata V GF

spinach, cherry tomatoes, cucumbers, apples, basil,
burrata, pickled red onions, hazelnuts

green goddess dressing £9.95

middle feast Vg V GF

cos, caramelised red onions, cherry tomatoes,
cucumbers, mixed cabbage, baked falafel, hummus,
crispy chickpeas, pickled red onion

tahini lemon dressing £9.55

kung fu tofu Vg V GF

spinach, cos, carrots, cucumber, miso aubergine,
coriander, sesame tofu, maple soy seeds

spicy cashew dressing £9.95

the bowls

the fun guy Vg V

quinoa & freekeh, spinach, sweetcorn, edamame,
carrots, coriander, garlic soy mushrooms, maple soy
seeds

sesame soy dressing £9.95

the market bowl ♥ GF

whole grain rice, kale, roasted sweet potatoes,
caramelised red onions, apples, spiced chicken thigh,
goat's cheese, maple walnuts

pomegranate vinaigrette £9.95

miso salmon GF

whole grain rice, kale, sweetcorn, carrots, mixed
cabbage, chargrilled broccoli, coriander, roast salmon,
maple soy seeds

miso dressing £9.95

rocket refuel

quinoa & freekeh, rocket, spinach, roasted sweet
potatoes, carrots, chargrilled broccoli, spiced chicken
thigh, stilton, crispy chickpeas

honey mustard dressing £9.95

the soups

seasonal soup £4.5

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the seasonals

squash no beef V GF

spinach, cos, caramelised red onions, cherry tomatoes,
basil, truffle butternut squash, parmesan, hazelnuts

balsamic vinaigrette £9.55

the autumn bowl

quinoa & freekeh, spinach, apples, mixed cabbage,
bacon brussels sprout, stilton, raisins

pomegranate vinaigrette £9.95



build your own

two bases

four toppings

one crunch

one dressing

£6.95

bases

kale
spinach
rocket
cos
whole grain rice
quinoa & freekeh

toppings (£0.5)

chargrilled broccoli
roasted sweet potatoes
roasted beets & parsnips
cherry tomatoes
cucumber
mixed cabbage
caramelised red onions
miso aubergine
sweetcorn
carrots
edamame
apples
basil
coriander

headliners (£2.95)

Sp chicken breast
spiced chicken thigh
roast salmon
baked falafel
sesame tofu
roasted spiced cauliflower
garlic soy mushrooms
burrata
truffle butternut squash
bacon brussels sprouts

premiums (£1.95)

stilton
maple walnuts
feta
goat's chesse
hummus
parmesan
kimchi

crunch (£0.5)

pickled red onions
crispy chickpeas
croutons
maple soy seeds
seed mix
hazelnuts
raisins

dressings

chipotle caesar
tahini lemon
green goddess dressing
miso
spicy cashew
pomegranate vinaigrette
sesame soy
balsamic vinaigrette
honey mustard

the snacks

the Sp cookie £2.95

Sp maple walnuts £3.5

deliciously ella
vegan salted chocolate dipped almonds £2.95

tony's chocolonely
chocolate almond sea salt £2.5

tyrrells
veg crisps £2.5

popchips
barbeque £2.5

cranberry
mango chunks £1.95
yoghurt raisins £1.95



vegan



gluten free



vegetarian

#expectbetter

#foodforlife

#builtforchange

#itswhatwedo

Spitalfields
Fruit & Wool Exchange
68 Brushfield Street
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@the.salad.project
www.saladproject.co.uk

the drinks

cano water
still £1.95
sparkling £1.95

san pellegrino
limonata £1.95

charitea
mate £2.95

lemonaid
passion fruit £2.95

press
easy green cold press £4.95
berry boost cold press £4.95
ginger super shot £2.5

da-sh
peach £2.50

momo kombucha
ginger & lemon £4.95

diet coke £1.95

something & nothing
ginger & lemon £2.5