

## Salad Platters

### Meaty Salads

#### Chef's salad

Romaine lettuce, roast turkey, honey roast ham, Swiss cheese, cherry tomatoes, avocado, boiled eggs, cucumber & pot of Dijon dressing **[NG] MIL, EGG, MUS**

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

#### Chicken pasta salad

Marinated grilled chicken with cherry tomatoes, cucumber, peppers, mozzarella, olives, rocket, parmesan & pesto dressing **GLU (WHEAT), MIL**

**£18.30**

Small: Serves 3-4

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

#### Mediterranean grilled chicken salad

Marinated grilled chicken, roast peppers, green beans, red onion, artichoke hearts, olives, sun blushed tomatoes & rocket **[NG] [DF]**

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

#### Greek island chicken salad

Grilled chicken, feta, cucumbers, tomatoes, peppers, Kalamata olives & pot of lemon & mint dressing **[NG] MIL**

**£18.30**

Small: Serves 3-4

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

#### Moroccan chicken couscous salad

Moroccan spiced chicken with Mediterranean grilled vegetable cous cous & pot of mint yoghurt dressing **GLU (WHEAT), MIL**

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

### Grilled Chicken Caesar salad

Herb grilled chicken, romaine lettuce, cherry tomatoes, avocado, croutons, Parmesan & pot of Caesar dressing **GLU (WHEAT), MIL, EGG, FIS, SUL**

**£18.30**

Small: Serves 3-4

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

### Bang Bang chicken salad

Shredded poached chicken, crunchy vegetables, crunchy lettuce & lemon grass peanut dressing **[N] [DF] GLU (WHEAT), PEA, SES, SOY, FIS**

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

### Chorizo salad

Grilled chorizo, new potatoes, green beans, cherry tomatoes, butter beans black olives & rocket **[NG] MIL**

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

### Thai beef salad

Marinated slices of steak with a crunchy vegetables, cherry tomatoes, baby gem & pot of Thai dressing **[DF] GLU (WHEAT), FIS, SOY, SES**

**£42.90**

Medium: Serves 5-8

**£55.00**

Large: Serves 9-12

### Parma ham salad

Parma ham, buffalo mozzarella, roast tomatoes, shaved parmesan, rocket & pot of balsamic dressing **[NG] MIL**

**£21.60**

Small: Serves 3-4

**£42.90**

Medium: Serves 5-8

**£55.00**

Large: Serves 9-12

### Chicken Tricolor salad

Herb grilled chicken, buffalo mozzarella, beef tomato, avocado, olives & pot of pesto dressing **[NG] MIL**

**£42.90**

Medium: Serves 5-8

**£55.00**

Large: Serves 9-12

### Chicken, avocado & quinoa salad

With kidney beans, rocket, tomatoes, spring onions, toasted pine nuts & lime dressing **[DF] GLU (WHEAT)**

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

### Seasonal salad

**Vietnamese beef noodle salad** Rice noodles, shredded carrot, cucumber, bean sprouts, spring onions, fresh mint & toasted peanuts, chilli & ginger dressing

**£42.90**  
Medium: **£55.00**  
Large:

### Chipotle grilled chicken salad

Chorizo, quinoa, avocado, spring onion, baby spinach, sun blushed tomato, lime crème fraiche dressing

**£36.50**  
Medium: **£48.60**  
Large:

### Fregola salad

With Parma ham, goat's cheese, asparagus, fresh figs, green olives, toasted almonds, mixed leaves, balsamic dressing

**£36.50**  
Medium: **£48.60**  
Large:

### Vietnamese beef noodle salad

Rice noodles, shredded carrot, cucumber, bean sprouts, spring onions, fresh mint, toasted peanuts, Vietnamese chilli and ginger dressing

**£36.50**  
Medium: **£48.60**  
Large:

## Fishy Salads

### Tuna Nicoise salad

Tuna chunks, new potatoes, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs, romaine lettuce & pot of Dijon dressing **[DF] [NG]**  
**FIS, EGG, MUS**

**£18.30**  
Small: Serves 3-4  
**£36.50**  
Medium: Serves 5-8  
**£48.60**  
Large: Serves 9-12

### Salmon pasta salad

Flaked salmon, cherry tomatoes, cucumber & lemon dill crème fraîche dressing **GLU (WHEAT), MIL, MUS, FIS, CEL**

**£42.90**  
Medium: Serves 5-8  
**£55.00**  
Large: Serves 9-12

### Tuna pasta Nicoise

Tuna chunks, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs & lemon wedges **[DF] GLU (WHEAT), FIS, EGG, MUS**

**£18.30**  
Small: Serves 3-4  
**£36.50**  
Medium: Serves 5-8  
**£48.60**  
Large: Serves 9-12

### Grilled salmon Caesar salad

Herb grilled salmon, romaine lettuce, cherry tomatoes, avocado, croutons, Parmesan & pot of Caesar dressing **GLU (WHEAT), FIS, SUL, MIL**

**£21.60**  
Small: Serves 3-4

**£42.90**  
Medium: Serves 5-8

**£55.00**  
Large: Serves 9-12

### Grilled salmon Nicoise salad

Herb grilled salmon, romaine lettuce, cherry tomatoes, green beans, new potatoes, olives, red onion, boiled eggs & pot of Dijon dressing **[NG] EGG, FIS, MUS**

**£21.60**  
Small: Serves 3-4

**£42.90**  
Medium: Serves 5-8

**£55.00**  
Large: Serves 9-12

### Moroccan salmon tabouli salad

Grilled salmon fillet with chickpea & preserved lemon tabouli & pot of mint yoghurt dressing **GLU (WHEAT), FIS, MIL**

**£42.90**  
Medium: Serves 5-8

**£55.00**  
Large: Serves 9-12

### Poached salmon salad

Poached salmon chunks with shaved fennel, green beans, sugar snaps, cherry tomatoes, cucumbers, lemon & dill **[NG] [DF] FIS, CEL**

**£42.90**  
Medium: Serves 5-8

**£55.00**  
Large: Serves 9-12

### Blackened Cajun salmon salad

Cajun grilled salmon chunks with tomato rice, spring onions, peppers, kidney beans, coriander, lime & avocado salsa **[NG] [DF] FIS**

**£42.90**  
Medium: Serves 5-8

**£55.00**  
Large: Serves 9-12

### Smoked salmon salad

Slices of smoked salmon with prawn cocktail, beef tomato, cucumber, mixed leaves & lemon wedges **[NG] FIS, CEL, MUS, EGG, CRU**

**£21.60**  
Small: Serves 3-4

**£42.90**  
Medium: Serves 5-8

**£55.00**  
Large: Serves 9-12

## Crayfish salad

Crayfish in seafood dressing, beef tomato, avocado, cucumber, mixed leaves & lemon wedges **[NG] CRU, CEL, MUS, EGG**

**£20.50**  
Small: Serves 3-4

**£40.80**  
Medium: Serves 5-8

**£52.40**  
Large: Serves 9-12

## Provençal king prawn salad

Grilled king prawns, Mediterranean grilled vegetables & mixed leaves with a cherry tomato, lemon & parsley dressing **[NG] [DF] CRU**

**£60.70**  
Medium: Serves 5-8

**£91.00**  
Large: Serves 9-12

## Seafood salad

King prawns, smoked salmon, crayfish cocktail, beef tomato, cucumber, mixed leaves & lemon wedges **[NG] CRU, FIS, CEL, MUS, EGG**

**£60.70**  
Medium: Serves 5-8

**£91.00**  
Large: Serves 9-12

## Teriyaki salmon & soba noodle salad

With sugar snaps, broccoli, beansprouts, spring onions, carrot, coriander, ginger, lime & toasted sesame seeds **[DF] GLU (WHEAT), SES, FIS, SOY**

**£42.50**  
Medium: Serves 5-8

**£55.00**  
Large: Serves 9-12

## Smoked salmon & rocket salad

Avocado, cucumber, radishes, shaved fennel, spring onions, lime dressing

**£42.90**  
Medium: **£55.00**  
Large:

## Piri-Piri salmon salad

Brown rice, avocado, spring onions, radishes, watercress, siracha mayo

**£42.90**  
Medium: **£55.00**  
Large:

## King prawn & mango salad

Avocado, baby gem, cherry tomato, lime, chilli, coriander, lime dressing

**£60.70**  
Medium: **£84.60**  
Large:

## Veggie Salads

### Simple green salad

Mixed leaves with a pot of Dijon dressing **[V] [VG] [NG] [DF] MUS**

**£12.20**  
Small: Serves 3-4

**£18.30**  
Medium: Serves 5-8

**£24.30**  
Large: Serves 9-12

### Coleslaw salad

Shredded white cabbage, carrot, onions & apple in a light mayonnaise dressing [V] [NG] MUS, EGG

**£24.30**  
Medium: Serves 5-8

**£36.50**  
Large: Serves 9-12

### Garden salad

Mixed leaves, cherry tomato, peppers, cucumber, radish, carrot & pot of Dijon dressing [V] [VG] [NG] [DF] MUS

**£15.30**  
Small: Serves 3-4

**£24.30**  
Medium: Serves 5-8

**£36.50**  
Large: Serves 9-12

### Bean salad

Mixed beans, green beans, diced peppers, cucumber & celery with a herbed vinaigrette [V] [VG] [DF] [NG] MUS, CEL

**£30.40**  
Medium: Serves 5-8

**£42.70**  
Large: Serves 9-12

### Rice salad

Herbed rice salad with mixed beans, diced peppers, cucumber, radish & celery [V] [VG] [NG] [DF] CEL, MUS

**£30.40**  
Medium: Serves 5-8

**£42.70**  
Large: Serves 9-12

### Tabouli salad

Cracked wheat with fresh herbs, cucumber, cherry tomato, radishes, spring onion & lemon dressing [V] [VG] [DF] GLU (WHEAT)

**£30.40**  
Medium: Serves 5-8

**£42.70**  
Large: Serves 9-12

### Caesar salad

Romaine lettuce, cherry tomatoes, avocado, croutons, Parmesan & pot of Caesar dressing GLU (WHEAT), FIS, MIL, SUL, EGG \*Contains anchovies in the dressing

**£15.30**  
Small: Serves 3-4

**£30.40**  
Medium: Serves 5-8

**£42.70**  
Large: Serves 9-12

### New potato salad

With mayonnaise, wholegrain mustard, crème fraîche, spring onion, gherkins, radish & chives [V] [NG] MUS, EGG, SUL, MIL

**£30.40**  
Medium: Serves 5-8

**£42.70**  
Large: Serves 9-12

### Grilled broccoli salad

With lemon, chilli & garlic dressing [V] [VG] [NG] [DF] SES, SOY

**£30.40**

Medium: Serves 5-8

**£42.70**

Large: Serves 9-12

### Oriental vegetable noodle salad

With celery, sugar snaps, carrots, peppers, broccoli, spring onions, cucumber & sesame, ginger and coriander dressing [V] [DF] CEL, SOY, SES, GLU (WHEAT), EGG

**£30.40**

Medium: Serves 5-8

**£42.70**

Large: Serves 9-12

### Rocket salad

With sun blushed tomatoes, shaved parmesan & pot of balsamic dressing [V] [NG] MIL

**£15.30**

Small: Serves 3-4

**£30.40**

Medium: Serves 5-8

**£42.70**

Large: Serves 9-12

### Pesto pasta salad

Cherry tomatoes, baby mozzarella, olives, rocket, parmesan, pine nuts & pesto dressing [V] GLU (WHEAT), MIL

**£18.30**

Small: Serves 3-4

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

### Greek salad

Feta, cucumbers, tomatoes, peppers, Kalamata olives & pot of lemon & mint dressing [V] [NG] MIL

**£18.30**

Small: Serves 3-4

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

### Roasted butternut couscous salad

With grilled peppers & courgettes, fresh herbs, raisins, toasted pine nuts, preserved lemon & crumbled feta [V] GLU (WHEAT), MIL, SUL

**£36.50**

Medium: Serves 5-8

**£48.60**

Large: Serves 9-12

### Grilled vegetable salad

Seasonal grilled vegetables with rocket, shaved parmesan & pot of balsamic dressing [V] [NG] MIL

**£36.50**  
Medium: Serves 5-8

**£48.60**  
Large: Serves 9-12

### Mozzarella salad

Baby mozzarella, cherry tomatoes, avocado, basil & extra virgin olive oil [V] [NG] MIL

**£18.30**  
Small: Serves 3-4

**£36.50**  
Medium: Serves 5-8

**£48.60**  
Large: Serves 9-12

### Roasted vegetable pasta salad

Seasonal roasted vegetables with rocket, crumbled goat's cheese, toasted pine nuts & pesto dressing [V] GLU MIL

**£16.50**  
Small: Serves 3-4

**£33.00**  
Medium: Serves 5-8

**£44.00**  
Large: Serves 9-12

### Tricolor salad

Buffalo mozzarella, beef tomato, avocado, basil, olives & extra virgin olive oil [V] [NG] MIL

**£36.50**  
Medium: Serves 5-8

**£48.60**  
Large: Serves 9-12

### Grilled courgette salad

With slow roast tomatoes, shaved parmesan, rocket & pot of balsamic dressing [V] [NG] MIL

**£18.30**  
Small: Serves 3-4

**£36.50**  
Medium: Serves 5-8

**£48.60**  
Large: Serves 9-12

### Wild rice, lentil & feta salad

With roast butternut, baby spinach, roast red pepper & toasted pumpkin seeds [V] [NG] MIL, MUS

**£36.50**  
Medium: Serves 5-8

**£48.60**  
Large: Serves 9-12



## Mexican tomato & avocado salad

Beef tomato, avocado, iceberg, coriander & lemon dressing **[V] [VG] [NG] [DF]**

**£24.30**  
Medium: Serves 5-8

**£36.50**  
Large: Serves 9-12

## Teriyaki mushroom salad

Soba noodles, mooli, beansprouts, carrotS, baby spinach, spring onions, toasted sesame seeds, miso dressing

**£36.50**  
Medium: **£48.60**  
Large:

## Asian green salad

Edamame beans, avocado, cucumber, spring onion, mooli, sugar snaps, baby spinach, baby gem, coriander, toasted sesame seeds, lime, ginger & chilli dressing

**£36.50**  
Medium: **£48.60**  
Large:

## Quinoa superfood salad

Roast sweet potato, tender stem broccoli, avocado, pomegranate, chili, watercress, goat's chesse, mixed seeds

**£36.50**  
Medium: **£48.60**  
Large:

## Individual Meaty Salads

### Individual chicken Caesar salad

Grilled chicken, cherry tomatoes, avocado, parmesan, croutons, baby gem & pot of Caesar dressing **MIL, FIS, SUL, GLU (WHEAT), MUS**

**£6.95**  
per person

### Individual chicken pasta salad

Grilled chicken, cherry tomatoes, cucumber, olives, peppers, bocconcini, rocket, parmesan, toasted pine nuts, rocket & pesto dressing **GLU (WHEAT) MIL**

**£6.95**  
per person

### Individual chicken garden salad

Grilled chicken, mixed leaves, cherry tomato, peppers, cucumber, radish, carrot & a pot of Dijon dressing **[NG] [DF] MUS**

**£6.95**  
per person

## Individual Fishy Salads

### Individual Tuna Nicoise salad

Tuna chunks, new potatoes, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs, baby gem & lemon **[NG] FIS, EGG**

**£6.95**  
per person

### Individual prawn cocktail salad

With tomato, avocado, lemon & shredded lettuce **[NG] [DF] CRU, EGG, MUS, CEL**

**£6.95**  
per person

### Individual smoked salmon salad

**£6.95**  
per person

With smoked salmon, avocado, cucumber, tomato, lemon, mixed salad leaves & pot of Dijon dressing **[NG] [DF] FIS, MUS**

### Individual seafood salad

**£6.95**  
per person

With smoked salmon, prawn cocktail, cucumber, tomato, lemon, mixed salad leaves & pot of Dijon dressing **[NG] [DF] CRU, FIS, EGG, MUS, CEL**

### Individual Tuna Pasta Nicoise

**£6.95**  
per person

Tuna chunks, green beans, cherry tomatoes, cucumber, red onions, olives, boiled eggs & lemon wedges **[DF] GLU, FIS, EGG**

## Individual Veggie Salads

### Individual Greek salad

**£6.95**  
per person

Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing **[V] [NG] MIL**

### Individual pesto pasta salad

**£6.95**  
per person

Cherry tomatoes, baby mozzarella, olives, rocket, parmesan, pine nuts & pesto dressing **[V] GLU (WHEAT), MIL**

### Individual hummus salad

**£6.95**  
per person

With courgette fritters, feta, olives, cucumber & cherry tomatoes **[V] GLU (WHEAT), MIL, EGG**

### Individual garden salad

**£6.95**  
per person

Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing **[V] [VG] [NG] [DF] MUS**

## Super Salads

### Chicken, avocado & quinoa salad

**£6.95**  
per person

With kidney beans, rocket, tomatoes, toasted pine nuts & lime dressing **[DF] GLU (WHEAT)**

### Teriyaki salmon & soba noodle salad

**£6.95**  
per person

**[DF] GLU SES FIS SOY**  
With sugar snaps, broccoli, beansprouts, spring onions, carrot, coriander, ginger, lime & toasted sesame seeds **[DF] GLU (WHEAT) SES, FIS, SOY**

**Wild rice, lentil & feta salad**

[V] [NG] MUS MIL

With roast butternut, baby spinach, roast red pepper & toasted pumpkin seeds [V] [NG] MIL, MUS

**£6.95**  
per person