



SALADS

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
Aubergine, halloumi, pomegranate and baby spinach salad	Aubergine, pomegranate seeds, baby spinach, halloumi (milk), low fat yoghurt (milk), lemon juice, mint, tahini, salt, pepper	905	216.51	10.9	14.7	0	11.4	7.71	5.8	329
Baby spinach, avo, roasted sweet potato & almonds	Sweet potato, cherry tomato, halloumi (milk), baby spinach, avocado, almond flakes (nuts)	1497	352	13	23	0	21	10	13.4	186
Baby spinach, roasted sweet potato, avo and almonds (vegan)	Sweet potato, avocado, tofu (soy), cherry tomatoes, baby spinach, toasted almonds (nuts), olive oil, sesame seeds, oregano, sumac, cumin, salt, pepper	1691	404.55	11.4	35	0	20.6	3.36	8.3	206
Black bean confetti salad	Beans, quinoa, mixed peppers, tomato, cucumber, red onion, olive oil, coriander, lime juice, cumin, salt, honey, cayenne pepper	953	227	10	29.1		4.8			
Chicken & bulgur salad with orange dressing	Bulgur wheat (wheat, gluten), chicken, olive oil, red cabbage, orange juice, mint, coriander, salt, pepper, and butternut/baby marrows	988	235	18.8	21.3	0	5.4	1.1	6.3	153.8
Chickpea, Cauliflower and Harissa Salad MEAL (Vegan)	Cauliflower, cherry tomatoes, chickpeas, sweetcorn, Harissa paste, rocket, olive oil, cumin seeds, salt, pepper, lemon juice	1228	293.8	10.3	36	1	7.8	0.96	9.8	308
Chunky Sweet Potato, Avo, Corn and Beans salad MEAL (Vegan)	Sweet potato, kidney beans, tomato, avocado, sweetcorn, red onion, lemon juice, fresh coriander, olive oil, salt, pepper	1800	430.6	9.9	46.3	0	16.7	3.29	13.4	186
Crunchy cabbage salad	Cabbage, noodles (wheat, gluten), sunflower seeds, spring onion, sunflower oil, sugar, white wine vinegar, soya sauce, stock	497	118	3	9	3	7	1	9.1	155
Fig, rocket, lentil & feta salad	Lentils, figs, feta cheese (milk), rocket, baby spinach, pecan nuts (nuts), mint, balsamic vinegar, olive oil	1249	297	14.4	20.1	0	13.7	4.2	9.8	527



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Mexican salad	Brown rice, lentils, tomatoes, cucumber, mixed peppers, parsley, coriander, chermoula paste, lemon, olive oil, salt pepper	1156	275	10.6	38.7		4.7			
Moroccan red cabbage & carrot salad -VEGAN	Cabbage, carrot, raisins, pumpkin seeds, olive oil, lemon juice, honey, garlic, mint, cinnamon, cumin	168	40	1	3	0	2	0	7.3	313
Red rice, sweetpotato, feta and rocket salad	Red rice, sweet potato, onion, cucumber, reduced fat feta (milk), chopped dill, parsley, coriander, basil, rocket, olive oil, soy sauce (gluten), rice wine vinegar, lemon juice, sugar, sesame oil, garlic, salt, pepper	1782	424	11.4	65.6		11.2			
Roasted vegetable couscous with chickpeas and feta salad	Chickpeas, couscous (wheat, gluten), aubergine, baby marrow, red and yellow pepper, reduced fat feta cheese (milk), basil; lemon juice, balsamic vinegar, Worcestershire sauce (fish, gluten), honey, salt and pepper	1872	445	23.8	49.9	1.2	12.2	6.3	9.8	527
Roasted vegetable salad with a sweet basil dressing topped with a baked herb ricotta	Beetroot, butternut, sweet potato, ricotta (milk), baby spinach, onions, peppers, mushrooms, olive oil, basil, balsamic vinegar, honey, herbs, salt	1235	295.45	11.4	31.6	1.4	10.3	4.9	7.3	313
Rocket, roasted beetroot, roasted butternut, feta & hazelnut salad	Rocket, butternut, beetroot feta (milk), hazelnuts (nuts)	1423	339	14	35	0	12	7	10	628
Strawberry, feta, pecan nut and spinach salad	Chicken breasts, strawberries, cucumber, baby spinach, chickpeas, feta (milk), pecan nuts (nuts), honey, basil, olive oil, balsamic vinegar	1203	287.80	30.2	10.6	2.1	12.1	3.27	3.6	174
Thai Coronation Chicken Salad	Chicken breasts, pineapple, low fat coconut milk, cucumber, lettuce, peanut butter (peanut), lemon juice, spring onion, curry powder, fish sauce, basil, coriander, mint, toasted almonds (nuts), dried chilli flakes, fresh ginger	1086	259.81	24.4	9.4	0.9	12.3	3.59	3.7	554
Trufood Chicken Caesar Salad	Free range chicken, cucumber, lettuce, egg (egg), Trufood mayonnaise (egg), Parmesan (milk), dijon mustard	1043	249.52	37.2	2.2	0	9.7	3.56	0.9	242