

Salad Boxes for 1

Category	Item	Ingredients	ALLERGENS
Charred Ginger Sesame Roast Salmon & Greens!	Delicious Fragrant Asian Salmon Served with Silky Sesame Egg Noodles & Green Asian Vegetables	Salmon, egg noodle, wheat, salt, pepper, sesame, courgette, carrots, beenshoot, spinach, green peppers, red peppers, ginger, chilli flake, coriander, maple syrup, water, salt, soybeans, wheat flour, sugar, chilli, acetic acid, citric acid, modified corn starch,	FISH, EGGS, SESAME, SOYA, GLUTEN
Miso Baked Aubergines & Peanut Roasted Tofu Bowl	Plant Based Favourites served with Steamed Wholesome Brown Rice & Asian Greens	brown rice, aubergine, peanuts, salt, pepper,sesame, courgette, carrots, beenshoot, spinach, green peppers, red peppers, ginger, chilli flake, coriander, maple syrup, water ,salt, soybeans, wheat flour, sugar , chilli, acetic acid, citric acid, modified corn starch, soy beans, water , rice	PEANUTS, SESAME, SOYA, GLUTEN
Satay Chicken Ginger Egg Noodles Green Sesame Veg & Chopped Peanuts	Fragrant Chicken Satay, Served with Silky Ginger Sesame Egg Noodles, Iron Rich Green Vegetables & Sprinkled with Toasted Chopped Peanuts Served with a Side of Spring Rolls & a Little Dipping Sauce served in a Bento Box	Chicken , coconut extract, onion, peanut, water, sugar, palm oil, tamarind extract, spices chilli powder, salt, E1442,sesame, peanuts, egg noodles, been shoot, chinese cabbage, carrots, kale, broccoli, courgettes, spring onions,red peppers, lime, soya beans ,wheat flour, chilli, acetic acid, garlic, citric acid, modified corn starch, ginger, chilli flake, coriander, maple syrup. Cabbage, carrot, bean sprout,onion, red pepper, green pepper, sweetcorn, corn oil, vegetable boullion(water, celery, white radish, onion, sunflower oil, corn starch, salt, sugar, yeast extract),corn starch,sugar, soya sauce, (water, soybean, wheat flour, salt), salt, garlic, celery, chilli powder, onion, black pepper, ginger, garlic, aniseed, fennel, tangerine peel, cassia, pepper), wheat flour, salt, corn oil.	SESAME, PEANUTS, EGGS, GLUTEN, SOYA, CELERY
Spiced Mango Curried Chicken with Vegetable Biyani Rice Salad Bowl with a Mint Yogourt Dressing. Served with a Vegetable Samosa	Sticky Mildly Curried Chicken, Fragrant & Vegetable Packed Rice Served with a Cooling Yogourt Dip. Topped off with a Crispy Samosa Served in a Bento Box	Chicken, turmeric, coriander, cumin, paprika, ginger, garlic, black pepper, laurel leaves, fenugreek, cloves, black pepper, chilli, stone flower, cassia, fennel, bay leaves, black cardamon, clove leaves, triphala, star anise, celery, peeled mango, sugar cane vinegar, salt, cauliflower, chickpeas, mint yogurt, spinach, potatoes, wheat flour, vegetable oil, peas, carrots, sweetcorn, green chillies, red chillies, cumin seed, ajwain, mustard, rice,	SULPHITES, GLUTEN, MUSTARD, CELERY, MILK
Sweet Chilli Roast Chicken Bibimbap Bowl	Sesame & Soya Bean Steamed Brown Rice Topped with a Korean Inspired Rainbow of Fragrant Chicken & Vegetables, All Crowned with a Chilli Sesame Fried Egg	Chicken, brown rice, red pepper, eggs, courgette, green peppers, spinach, chilli flakes, salt, black pepper, vegetable oil, soy beans, sesame, eggs, vegetable oil, acetic acid, garlic, citric acid, modified corn starch, salt,ginger chilli flakes, coriander, maple syrup, ginger, coriander, maple syrup, water, sugar, chilli, acetic cid, garlic, citric acid, modified corn starch, soybeans.	SESAME, SOYA, EGGS,
Jerk Chicken Sunshine Bowl	Spiced Roasted Jerk Chicken Served with Wholesome Brown Rice & Beans and a Refreshing Caribbean inspired Salad	Chicken, rice,scalion, hot peppers, salt, black pepper, pimiento, nutmeg, citric acid, brown sugar, thyme leaves, chilli, salt, pepper, brown rice , sweet potatoes, beans, spinach, red pepper, sweetcorn, pineapple, coriander, jalapenos, chilli flake, Water, Onion Purée , Apple Purée, Balsamic Vinegar (Wine Vinegar, Grape Must), POTASSIUM METABISULPHITE, Red Jalapeño Peppers, Smoked Red Jalapeño Peppers, Salt, Vinegar, Sugar, Spirit Vinegar, Cornflour, Chipotle Chilli Powder, Tomato Paste, Plain Caramel, Rapeseed Oil, Smoked Paprika Powder, Salt, Garlic Purée, Yeast Extract, Dried Chillies, Acid Citric Acid, Xanthan Gum, Ground Cumin, lime.	SULPHITES,
Mexican Bean & Cheese Burrito Box Salad (Veg)	Deliciously Smoky Flavours with the Added Treat of Cheddar Cheese, Served with Guacamole & Nachos	Brown rice, sweet potato, swetcorn, spinach, paprika, chickpeas, black beans, red peppers, avocado, lime, cheddar, Water, Onion Purée , Apple Purée, Balsamic Vinegar (Wine Vinegar, Grape Must), potassium metabisulphite, Red Jalapeño Peppers, Smoked Red Jalapeño Peppers, Salt, Vinegar, Sugar, Spirit Vinegar, Cornflour, Chipotle Chilli Powder, Tomato Paste, Plain Caramel, Rapeseed Oil, Smoked Paprika Powder, Salt, Garlic Purée, Yeast Extract, Dried Chillies, Acid Citric Acid, Xanthan Gum, Ground Cumin, butterbeans, jalapenos, Coriander, avocado, maize flour, sunflower oil,	MILK, SULPHITES,
Smoked Paprika Roasted Chicken Burrito Bowl	All the Favourite Taco Flavours in a Healthy Protein Rich Meal including Smokey Roast Chicken, Black Beans & Guacamole	Brown rice, sweet potato, swetcorn, spinach, paprika, chickpeas, black beans, red peppers, avocado, lime, Water, Onion Purée , Apple Purée, Balsamic Vinegar (Wine Vinegar, Grape Must), Red Jalapeño Peppers, Smoked Red Jalapeño Peppers, Salt, Vinegar, Sugar, Spirit Vinegar, Cornflour, Chipotle Chilli Powder, Tomato Paste, Plain Caramel, Rapeseed Oil, Smoked Paprika Powder, Salt, Garlic Purée, Yeast Extract, Dried Chillies, Acid Citric Acid, Xanthan Gum, Ground Cumin, butterbeans, jalapenos, avocado, lemon juice, potassium metabisulphite,	SULPHITES,
Crispy Chicken, Egg & Avocado Caesar Box	Crispy Chicken Breast, Free Range Poached Egg, Creamy Avocado, Croutons, Classic Caesar Dressing & Shaved Parmesan	Cos lettuce, chicken breast, wheat flour, calcium carbonate, iron, niacin thiamin, salt, yeast ,rye flour, water, rapeseed oil, wheat starch, onion powder, garlic powder, sugar, white pepper, black pepper, paprika extract,sunflower oil, sage, flavourings,Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, mustard,Pasteurised EGG Yolk, mustard,Salt, eggs, Acidity Regulator (Acetic Acid) Stabilisers (Xanthan Gum, Guar Gum) Preservatives (Potassium Sorbate, Sodium Benzolate), Flavouring, Natural Colour (Beta Carotene),Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Sugar, Yeast, Sea Salt, Black Pepper, olive oil, avocado, parmesan cheese(milk)	gluten, milk, eggs, mustard,

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<p>Houmous Falafel Avocado Greek Salad with Feta Served with a Flat Bread</p>	<p>Marvellous and Mediterranean.</p>	<p>Chickpeas, red pepper, rapeseed oil, onion, potato flake, apricots, dates, water, garlic, salt, bicarbonate of soda, coriander, cumin, parsley, cinnamon, white pepper, chilli flakes, rapeseed oil, water, salt, garlic, lemon juice, potassium metabisulphite, sesame seeds, e202, e111, smoked paprika, milk, White Wheat Flour, Water, Yeast, Extra Virgin Olive Oil, Salt, Vegetable Fat (Vegetable Fats & Oils, Emulsifier E471), Malt Wheat Flour</p>	<p>sesame, gluten, sulphites, milk,</p>
<p>Roasted Salmon Nicoise Box</p>	<p>Roasted Salmon, Free Range Poached Egg, Potato & Vinaigrette salad, Raw & Cooked Vegetables, Olives & a Grain Mustard Dressing</p>	<p>Salmon, eggs, potatoes, olive oil, vinegar, Luttice, cherry tomato, potassium metabisulphite, red peppers, green peppers, carrots, french beans, mustard seeds, mustard flour, Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Pasteurised EGG Yolk, mustard flour, turmeric, Salt, Acidity Regulator (Acetic Acid) Stabilisers (Xanthan Gum, Guar Gum) Preservatives (Potassium Sorbate, Sodium Benzolate), Flavouring, lutein, olives, salt, pepper.</p>	<p>fish, eggs, sulphites, mustard,</p>