



## New salad ideas

Salads all £3.95 per salad per portion minimum order 8 per salad

### RICE

- Harissa rice salad with caramelised onions, sour cherries, roasted sweet potatoes
- Saffron rice with dates, almonds, coriander, roast peppers and sumac (**nuts**)
- Vegan nduja rice with parsley and mushrooms.
- Rice with courgettes, red peppers, harissa, apricots and herbs.
- Aubergine, piquillo, rice, saffron and olives.
- Confetti salad, diced veg, dried fruit, herbs, pomegranate.

### COOKED VEGETABLE SALADS

- Yellow and green courgettes with lemon, chilli and oregano.
- Turmeric and cumin roasted new potatoes with saffron yoghurt (**milk**)
- Beetroot, goats' cheese, pomegranate and nuts (**nuts**)
- Roast spiced cauliflower, spinach, sultanas, saffron yoghurt (**milk**)
- Carrot, nuts and dill with lime and honey dressing, red onions and nigella seeds
- Cavalo Nero Caesar salad \*\*
- Coronation squash salad with yoghurt \*\*
- Aubergine, pomegranate, nuts, herbs, yoghurt tahini (**sesame, nuts**)
- Roast squash caramelised red onions, spinach, toasted seeds, zaatar (**sesame, nuts**)
- Carrots, fennel and radicchio salad with balsamic dressing and nuts (**nuts**)
- Fine beans, tarragon salmoriglio, cherry toms, capers, shallots
- New potatoes, peas, lemon crème fraiche (**milk**)
- Pea, broad bean and radish salad with feta, mint and dill (**milk**)
- Smoked aubergine salad with tomatoes, walnuts peppers and pomegranate (**walnuts**)
- Pickled beets, dill, piquillo, goats cheese spinach toasted seeds (**milk**)
- Spiced roasted cauliflower, sunflower seeds, pomegranate, tamarind and yoghurt (**milk**)

### RAW

- Golden beetroot, kohlrabi, white cabbage, hazelnuts and mustard dressing (**nuts, mustard**)
- Fattoush – tomato, cucumber, radish and pitta salad (**gluten**)
- Celeriac, fennel coleslaw with walnuts, capers and gherkins (**nuts**)
- Celeriac remoulade, hazelnuts, crème fraiche mustard dressing (**celery, nuts, mustard**)
- Carrots, sesame seeds, nuts, coriander and honey citrus dressing (**sesame, nuts**)
- Cauliflower raw grated and roasted with pomegranate, cumin, onion, herbs and nuts (**nuts**)
- Carrots, nuts, dill, lime and honey dressing, red onion, nigella seeds
- Cauliflower tabbouleh (**gluten**)



## New salad ideas

Salads all £3.95 per salad per portion minimum order 8 per salad

### PASTA

- Rigatoni with courgettes, pesto and lemon chilli, oregano (**gluten, nuts, seeds, milk**)
- Orzo with tomatoes, olives, green goddess dressing \* (**gluten**)
- Orecchiette, broccoli, kalamata, kale, pesto (**gluten, nuts, seeds, milk**)
- Strascinati, salsa verde, pine nuts, kale, capers, fennel \* (**gluten, nuts**)
- Cavatelli, courgettes, parsley, tapenade, olives (**gluten**)
- Fusilli olives, globe artichokes, seeded green pesto (**gluten, nuts, seeds, milk**)

### PULSES

- Curried cauliflower, raisins, chickpeas, green olives, radish, curry yoghurt (**milk**)
- Roast cauliflower, lentils, cavolo nero, salsa verde
- Bulgar wheat tabbouleh, pomegranate, kale, red onion, cucumber, tomatoes (**gluten**)
- Lentil harissa, squash, quinoa, nuts, seeds (**nuts, seeds**)
- Faro, beetroot, feta, apricots, coriander (**gluten, milk**)
- Black quinoa, dates, roasted veg, dukkah, honey and tahini dressing (**nuts, sesame**)
- Mushroom, feta, bulgar wheat, urfa chillis, herbs, balsamic. (**gluten, milk**)
- Chickpea chopped salad, parsley, peppers, red onions, tomatoes, oregano
- Faro, beetroot, radicchio, walnuts, dill, sumac, maple syrup (**gluten, nuts**)
- Glazed mushrooms, pearl barley, garlic, parsley, sherry vinegar (**gluten**)
- Aubergines, chickpeas, saffron yoghurt, chicory, basil, chilli (**milk**)
- Freekeh, courgettes, cavolo, seeds, dried fruit, harissa (**gluten, seeds**)
- Imam biyaldi with chickpeas
- Ratatouille with cous cous (**gluten**)
- Bean salad, olives, peppers, cucumber, feta (**milk**)
- Caramelised beets, farro, orange, chicory, dried fruit (**gluten**)
- Bulgar tabbouleh, herbs, peppers, red onion, cucumber, lemon dressing (**gluten**)
- White bean chopped salad, feta, oregano, mint, radish, cucumber (**milk**)
- Black bean, kalamata, tomatoes, cucumber, mint, basil
- Beets, lentil, chicory, goats cheeses, honey dressing (**milk**)
- Cous cous, kalamata, goats, spinach, aubergines, red onions (**gluten, milk**)
- Freekeh, roast carrots, fennel, orange, parsley (**gluten**)
- Farro, broccoli, goats, carrots, herbs (**gluten, milk**)
- Quinoa, green beans, goats, nuts, harissa (**nuts, milk**)
- Freekeh, parsnip, sweet potatoes, feta, greens, lemon dressing (**nuts, milk**)
- Aleppo peppers aubergines, lentil, goats, honey tahini dressing (**sesame, milk**)
- Harissa chickpeas, piquillo peppers, almonds, coriander (**nuts**)
- Quinoa, lentil, roasted fennel, feta, sundried toms, pine nuts (**nuts, milk**)