

Nutrition information per portion							
	Calories (Kcal)	Fat (g)	Saturates (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
PROTEIN POTS							
Smoked salmon with cucumber courgetti	127	6.7	2.2	4.8	4.4	12.2	1.2
Roasted Chicken Breast with turmeric and chilli yoghurt	96	5.7	0.9	4.1	1.6	7.7	0.2
Smokey Carrot, with maple roasted aubergine and adzuki beans	137	8.6	1.1	16	10.6	3.2	0.4
Quinoa falafel & cucumber yoghurt	207	9.6	0.9	22	4.9	8.2	0.9
Quinoa falafel & beetroot houmous	349	23.4	2.2	24.3	1.8	9.4	1.3
Quinoa falafel & turmeric houmous	298	20	1.9	21.4	1.7	8	1.1
BREAKFAST POTS							
Cranberry & banana rawnola & reduced fat Greek yoghurt	311	14.9	5.7	36.1	30.7	9.9	0
Maple roasted sweet potato, Greek yoghurt & pomegranate	363	22	10.8	34.3	26	8.3	0.3
Blackberry & cranberry bircher	195	2.6	0.7	35.2	10.5	6.4	0.1
Nutty banana overnight oats	420	18.7	1.64	53.7	20.9	9	0.2
Coconut quinoa & buckwheat breakfast pot	389	18.8	11.6	48.5	11.6	9.1	0.5
Apricot, granola & half fat Greek yoghurt	251	11.3	6.2	26.2	13.8	10.1	0
Strawberry, granola & Greek yoghurt	398	19.5	12	41.2	29.9	12.1	0.3
Banana & honey breakfast pot	388	20.7	11	42.6	41.8	9.6	0
SALADS							
CLASSIC							
Capresse salad	286	22.7	9.5	5	4.6	15.3	0.8
Fruity kale chicken mezze	488	16.3	2.1	57.7	10.5	25.1	0.9
Spicy Bean with marinated kale, lime, avocado and crispy corn chips	181	10.5	2.1	16.9	2.9	5.9	0.9
Chicken pesto pasta	554	31.5	5.4	44.9	4.3	20.7	3.2
PREMIUM							
British chicken prima vera	314	14.4	2.1	21.5	2.9	26.3	0.5
Poached salmon, pearl barley, feta & pecan	592	31.4	6	55	11.1	25.4	0.6
Soy roasted butternut squash, candy beetroot & pickled cauliflower	250	11.8	1.7	31.7	18.2	7.2	1.3
Heritage carrot, black quinoa & roasted aubergine yoghurt	272	8.7	1.5	26.7	17.7	5.4	0.3
Ham hock, sweet potato & pea	312	8	1.7	47.2	23.7	16.1	1.3
Harissa chicken, feta, & pomegranate	291	5.1	1.9	32.1	10.3	31.1	1.1
Pakora, sprouted mango slaw	567	11.8	1.5	47.9	27.1	10.2	1.2
Red kale & soft egg Caesar	301	21.2	6.7	12.2	2.9	15.5	0.5
Tuna edamame bean	350	19.4	3.1	19.9	10.1	25.2	0.5
Smoked salmon & creme fraiche potato	349	17.4	5.2	28.1	5.8	20.1	2.6