

PICK.YOUR.OWN.

Nutritional Information

Category	Product	Serving Size (g)	Nutritional Information Per Serving								Nutritional Information Per 100g								
			Calories (kcal)	Fat (g)	o/w Saturates (g)	Carbohydrates(g)	o/w Sugars(g)	Fibre(g)	Protein (g)	Salt (g)	Calories (kcal)	Fat (g)	o/w Saturates (g)	Carbohydrates(g)	o/w Sugars(g)	Fibre(g)	Protein (g)	Salt (g)	
PICK.YOUR.OWN. Salads - Bases	Baby Spinach & Herbs	30	7	0	0	0	0	0	1	0	25	1	0	1	0	1	3	0	
	Soft British Leaves	25	4	0	0	1	0	0	0	0	17	0	0	2	1	1	1	0	
	Ezme Fava Beans	175	250	7	1	20	3	19	17	1	143	4	1	11	1	11	9	0	
	Savoury Pearl Barley	150	189	3	0	30	1	9	6	1	126	2	0	20	1	6	4	1	
	Seasonal Shredded Veg	55	18	0	0	2	2	2	1	0	34	1	0	4	3	3	2	0	
PICK.YOUR.OWN. Salads - Textures	House Sauerkraut	30	11	0	0	2	2	1	1	0	33	0	0	5	4	4	2	1	
	Chicken Crackling	15	75	7	2	--	--	3	0	0	470	43	12	--	--	20	3		
	Crisp Red Pepper	30	6	0	0	1	1	1	0	0	21	0	0	4	4	2	1	0	
	Crunchy Yellow Peas	25	96	3	0	8	0	8	5	--	383	13	1	32	2	31	19	--	
	Diced Smokey Cucumbers	35	5	0	0	0	0	0	0	0	15	1	0	1	1	1	1	0	
	Apple & Celery Slaw	40	75	6	0	4	3	1	1	0	187	15	1	9	8	2	4	1	
	Green Herb Salsa	25	29	3	0	1	0	--	1	0	114	10	1	3	2	--	3	1	
	Nut Crumble	25	165	15	1	5	4	2	4	0	590	53	4	19	4	13	7	13	0
	Pickled Chillies & Shallots	25	9	0	--	2	1	0	0	1	37	0	--	6	4	1	2	2	
	P.Y.O. Seasoning	5	16	1	0	1	0	1	1	0	312	14	2	26	6	16	15	5	
	Punchy Shredded Carrots	30	21	1	0	3	3	1	0	0	71	3	0	9	9	4	1	0	
	Sourdough Croutons	35	149	7	0	18	0	1	3	1	334	16	1	39	1	2	6	1	
	Calabrian Chilli Crunch	25	125	12	2	1	0	0	3	0	496	48	7	4	2	2	10	1	
	Maple ACV	25	114	10	1	6	5	--	0	0	456	40	2	22	22	--	1	1	
	Preserved Lemon & Orange	25	103	10	1	3	3	0	0	1	412	41	2	13	11	1	1	2	
Coronation Caesar	25	124	12	1	3	3	0	1	0	497	49	3	13	11	0	3	1		
Dill Buttermilk	25	67	6	0	2	1	0	1	0	266	24	2	7	5	0	5	1		
Green Harissa Tahini	25	94	9	1	1	0	1	2	0	377	37	5	2	1	2	8	1		
Lemon & Basil	25	139	15	1	0	0	--	0	0	555	61	3	1	1	--	1	1		
Must Pick Honey Mustard	25	96	9	0	4	4	1	1	0	384	34	2	16	16	2	2	1		
Pickled Chilli Mayo	25	109	11	1	1	1	0	1	0	435	45	3	4	3	1	3	2		
PICK.YOUR.OWN. Salads - Toppers	Harissa Broccoli	45	32	2	0	2	1	2	2	0	57	3	0	3	2	4	4	0	
	Jammy Peppers	50	94	7	0	8	7	1	1	0	117	8	0	10	9	2	1	0	
	Amba Sunshine Hummus	50	144	9	1	7	1	5	6	0	285	18	2	13	2	11	12	1	
	Crumbled Wensleydale Yoredale	25	95	8	5	0	0	6	0	0	381	32	21	0	0	1	24	1	
	Halved Avocado	100	171	17	4	2	0	3	2	0	171	17	4	2	0	3	2	0	
	Orchard-glazed Ham Hock	70	193	6	4	1	1	18	1	1	265	9	6	1	1	1	24	1	
	Lemon & Herb Dressed Chicken	70	149	11	2	0	0	--	19	0	191	14	2	0	0	--	24	0	
	Roasted Herb Dressed New Potatoes	70	75	3	0	12	1	1	1	0	99	4	0	15	1	2	2	0	
	Charred Asparagus & Courgette	50	24	2	0	1	1	0	1	0	42	3	1	2	2	0	2	0	
	Za'atar Cherry Tomatoes	50	20	1	0	3	2	1	1	0	38	1	0	5	5	1	1	0	
	Chilli Crusted Sockeye Salmon	70	169	10	2	0	0	0	20	0	218	13	2	0	0	0	25	0	
	Slow-spiced Lamb Shoulder	70	223	16	7	3	3	0	17	0	298	21	10	4	4	0	23	1	
	Signature Salads - Regular	Avo & Chips	442	615	42	6	45	4	14	11	2	139	9	1	10	1	3	2	0
		Everyone Picks (Coronation) Caesar	244	604	46	10	22	4	2	33	2	248	19	4	9	1	13	1	
		H.L.T.	371	651	26	6	56	9	12	28	3	176	7	2	15	2	3	7	1
Lamb Shawarma		326	423	29	8	17	15	4	22	1	130	9	2	5	5	1	7	0	
Amba Meze		447	638	37	3	38	13	28	27	2	143	8	1	9	3	6	6	0	
Salmon Crunch		390	718	43	5	31	11	24	43	1	184	11	1	8	3	6	11	0	
Calabrian Chilli Chicken		302	433	36	5	9	7	4	25	1	144	12	2	3	2	1	8	0	
Maple Ploughman's		269	509	31	11	14	12	4	27	2	190	12	4	5	5	1	10	1	
Avo & Chips		532	713	43	6	60	4	18	14	2	134	8	1	11	1	3	3	0	
Everyone Picks (Coronation) Caesar		271	610	46	10	22	4	2	33	2	225	17	4	8	1	1	12	1	
Signature Salads - Large	H.L.T.	458	748	28	6	71	9	16	31	4	163	6	1	15	2	4	7	1	
	Lamb Shawarma	368	436	30	8	18	16	5	23	1	119	8	2	5	4	1	6	0	
	Amba Meze	547	765	40	4	49	15	38	35	2	140	7	1	9	3	7	6	0	
	Salmon Crunch	505	852	47	6	42	13	35	52	1	169	9	1	8	3	7	10	0	
	Calabrian Chilli Chicken	344	446	36	5	10	8	5	26	1	130	11	1	3	2	1	8	0	
	Maple Ploughman's	309	520	31	11	15	13	5	28	2	169	10	3	5	4	2	9	1	
	Carrot	100	34	0	0	8	7	4	1	0	34	0.4	0.10	7.7	7.2	3.9	0.5	0	
	Celery	45	4	0	--	1	1	1	0	0	9	0	--	1	1	2	1	0	
	Cucumber	113	16	1	--	1	1	1	1	0	14	0.6	0	1.2	1.2	0.7	1.0	0	
	British Apple	150	65	1	0	15	15	2	1	0	43	0.4	0.10	10.0	10.0	1.0	0.5	0	
PICK.YOUR.OWN. Organic Juices - Bases	Orange	225	81	0	0	18	18	3	2	0	36	0.2	0.05	8.2	8.2	1.2	0.8	0	
	Pineapple	200	90	0	--	23	23	2	1	--	45	0	--	11	11	1	1	--	

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PICK.YOUR.OWN. Organio Juices - Mixers	Ginger	13	6	0	0	1	0	0	0	0	44	0.8	0.20	8.1	1.7	2.0	1.8	0
	Cavalo Nero	50	21	1	0	1	1	2	2	0	41	2	0	1	4	3	0	0
	Lemon	50	4	--	--	1	1	--	0	0	7	0.0	0.0	1.6	1.6	0	0.3	0
	Parsley	15	5	0	--	0	0	--	0	0	34	1.3	0	2.7	2.3	0	3.0	0
	Kiwi	75	46	0	--	11	7	2	1	0	61	1	--	15	9	3	1	0
	Strawberry	100	30	1	0	6	6	4	1	0	30	0.5	0.04	6.1	6.1	3.8	0.6	0
PICK.YOUR.OWN. Organio Juices - Extras	Raw Apple Cider Vinegar Shot	60	31	0	0	7	7	1	0	0	36	0	0	8	8	1	0	0
	Fresh Bee Pollen Sprinkle	10	31	0	0	4	4	1	2	0	314	5	3	44	36	8	24	0
	Ginger Shot	60	39	0	0	9	7	1	1	0	41	1	0	9	7	1	1	0
	Green Herb Bunch	25	10	0	--	1	0	--	1	0	39	1	--	4	1	--	3	0
	Cold Matcha Shot	60	8	0	--	1	--	--	--	--	12	0	--	1	--	--	--	--
Signature Organio Juices - Regular	Vibrant Greens	340	176	7	1	27	22	6	3	0	63	2	0	10	8	2	1	0
	Clean & Green	340	155	6	0	25	25	4	2	0	43	2	0	7	7	1	1	0
	More Than Apple	340	119	6	0	17	16	2	1	0	55	3	0	8	7	1	1	0
	Rebalance	340	205	6	0	39	38	4	2	0	56	2	0	11	10	1	1	0
	Peel Good	340	164	6	0	27	26	7	2	0	43	2	0	7	7	2	1	0
	Skin Glow	340	230	7	1	42	41	8	3	0	47	1	0	9	8	2	1	0
	Kiwi Berry Cooler	340	137	7	0	19	14	7	3	0	47	2	0	6	5	2	1	0
	Strawberry Fields	340	143	6	0	22	22	5	2	0	47	2	0	7	7	2	1	0
	Vibrant Greens	455	240	7	1	42	37	7	4	0	1091	2	0	9	8	2	1	0
	Clean & Green	455	245	6	0	48	48	6	3	0	54	1	0	10	10	1	1	0
Signature Organio Juices - Large	More Than Apple	455	151	6	1	24	24	3	2	0	33	1	0	5	5	1	0	0
	Rebalance	455	295	6	0	62	61	7	3	0	65	1	0	14	13	1	1	0
	Peel Good	455	245	6	1	45	45	9	4	0	54	1	0	10	10	2	1	0
	Skin Glow	455	311	7	1	61	59	11	5	0	975	2	0	13	13	2	1	0
	Kiwi Berry Cooler	455	152	7	0	20	16	8	4	0	33	2	0	4	3	2	1	0
	Strawberry Fields	455	175	6	1	29	29	6	2	0	39	1	0	6	6	1	0	0
	Raw Apple Cider Vinegar	60	31	0	0	7	7	1	0	0	36	0	0	8	8	1	0	0
P.Y.O. Shots	Ginger	60	39	0	0	9	7	1	1	0	41	1	0	9	7	1	1	0
	Green Herb	60	55	1	0	12	11	1	1	0	42	0	0	9	9	1	1	0