

# 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	6	0	0	0	0	0	1	0	19	1	0	1	0	1	3	0	
	Chopped Cos & Sweet Gem	30	3	0	0	0	0	0	0	0	11	0	0	1	1	2	1	0	
	Ezme Fava Beans	175	252	7	1	20	3	19	17	1	144	4	1	12	1	11	10	0	
	Savoury Pearl Barley	149	189	3	0	31	1	9	5	1	127	2	0	21	1	6	4	1	
	Seasonal Shredded Veg	60	16	1	0	2	1	1	1	0	27	1	0	3	2	1	2	0	
PICK.YOUR.OWN. Salads - Textures	Carrot Sauerkraut	30	3	0	--	1	0	0	0	0	11	0	--	2	0	0	1	1	
	Chicken Crackling	16	75	7	2	--	--	--	3	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	
	Green Apple Slaw	40	77	6	0	4	3	1	2	0	191	15	1	10	9	2	4	1	
	Green Herb Salsa	26	29	3	0	1	0	--	1	0	114	10	1	3	2	--	3	1	
	Nut Crumble	28	165	15	1	5	4	2	4	0	590	53	4	19	13	7	13	0	
	Pickled Chillies & Shallots	26	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	
	Raw Shredded Carrot	30	10	0	0	2	2	1	0	0	34	0	0	8	7	4	1	0	
	Sourdough Croutons	46	154	8	0	18	0	1	3	1	334	16	1	39	1	2	6	1	
	PICK.YOUR.OWN. Salads - Flavours	Raw Apple Cider Vinaigrette	25	95	8	0	5	4	--	1	0	379	33	2	19	18	--	2	1
Carrot & Fermented Barley		25	190	18	2	6	5	0	1	1	758	72	8	23	20	1	3	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 Chili 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	63	35	2	0	2	1	2	3	0	57	3	0	3	2	4	4	0	
	Jammy Peppers	80	94	7	0	8	7	1	1	0	117	8	0	10	9	2	1	0	
	White Bean Hummus	50	146	9	1	6	1	6	7	0	292	18	2	13	1	13	14	1	
	Crumbled Lancashire Cheese	20	79	7	4	1	0	0	4	0	395	33	21	4	1	1	21	2	
	Halved Avocado	100	171	17	4	2	0	3	2	0	171	17	4	2	0	3	2	0	
	Glazed Ham Hock	73	195	7	4	1	1	1	18	1	268	9	6	1	1	1	24	1	
	Lemon & Herb Dressed Chicken	78	149	11	2	0	0	--	12	0	191	14	2	0	0	--	15	0	
	Torn Roast Potatoes	87	87	3	0	13	1	2	1	0	100	4	0	15	1	2	2	0	
	Seasonal Honey Roast Beetroot	94	74	4	0	7	7	--	2	0	78	5	0	8	7	--	2	0	
	Za'atar Cherry Tomatoes	53	20	1	0	3	2	1	1	0	38	1	0	5	5	1	1	0	
	Chilli Crusted Wild Salmon	78	169	10	2	0	0	0	20	0	218	13	2	0	0	0	25	0	
	Slow Spiced Lamb Shoulder	75	223	16	7	3	3	0	17	0	298	21	10	4	4	0	23	1	
	Signature Salads - Regular	Avo & Chips	451	626	42	6	47	4	14	11	2	139	9	1	11	1	3	2	0
		Everyone Picks (Coronation) Caesar	245	591	45	9	23	4	2	24	2	241	18	4	9	2	1	10	1
H.L.T.		376	658	27	6	57	9	12	27	3	175	7	2	15	2	3	7	1	
Lamb Shawarma		331	420	30	8	16	15	3	22	1	127	9	2	5	4	1	7	0	
Picked.By.Us.		458	644	37	3	39	13	30	28	2	141	8	1	8	3	7	6	0	
Signature Salads - Large	Salmon Crunch	395	706	42	5	30	10	24	43	1	179	11	1	8	3	6	11	0	
	Avo & Chips	541	723	44	6	63	5	18	14	2	134	8	1	12	1	3	3	0	
	Everyone Picks (Coronation) Caesar	275	595	45	9	23	4	2	25	2	216	16	3	8	1	1	9	1	
	H.L.T.	465	754	28	6	72	10	17	30	4	162	6	1	16	2	4	6	1	
	Lamb Shawarma	376	430	30	8	17	15	4	23	1	115	8	2	5	4	1	6	0	
PICK.YOUR.OWN. Organic Juices - Bases	Picked.By.Us.	560	771	40	4	49	15	40	37	2	138	7	1	9	3	7	7	0	
	Salmon Crunch	513	840	46	6	41	12	33	52	1	164	9	1	8	2	7	10	0	
	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	
	Green Apple	150	65	1	0	15	15	2	1	0	43	0.4	0.10	10.0	10.0	1.0	0.5	0	
	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	--	
Pink Grapefruit	150	51	1	0	10	10	1	1	0	34	1	0	7	7	1	1	0		

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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		
	Kale	50	17	1	0	1	1	--	2	0	33	1.6	0.20	1.4	1.3	0	3.4	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		
	Red Pepper	75	16	0	0	3	3	2	1	0	21	0.2	0.05	4.3	4.2	2.2	0.8	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	87	31	0	0	7	7	1	0	0	36	0	0	8	8	1	0	0		
	Organio Bee Pollen Sprinkle	10	31	0	0	4	4	1	2	0	314	5	3	44	36	8	24	0		
	Ginger Shot	96	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	62	8	0	--	1	--	--	--	--	12	0	--	1	--	--	--	--		
	British Greens	220	131	7	1	16	16	2	3	0	60	3	0	7	7	1	1	0		
Signature Organio Juices - Regular	Clean & Green	363	155	6	0	25	25	4	2	0	43	2	0	7	7	1	1	0		
	Completely Kale	318	142	7	1	17	17	2	4	0	45	2	0	5	5	1	1	0		
	More Than Apple	218	119	6	0	17	16	2	1	0	55	3	0	8	7	1	1	0		
	Rebalance	368	205	6	0	39	38	4	2	0	56	2	0	11	10	1	1	0		
	Peel Good	380	164	6	0	27	26	7	2	0	43	2	0	7	7	2	1	0		
	Pep Up	318	147	6	0	23	22	5	3	0	46	2	0	7	7	1	1	0		
	Skin Glow	493	230	7	1	42	41	8	3	0	47	1	0	9	8	2	1	0		
	Picked.By.Us.	155	96	6	0	10	10	1	1	0	62	4	0	7	7	1	1	0		
	Pick Pink	305	143	6	0	22	22	5	2	0	47	2	0	7	7	2	1	0		
	British Greens	295	164	7	1	24	24	2	3	0	55	2	0	8	8	1	1	0		
	Clean & Green	563	245	6	0	48	48	6	3	0	44	1	0	8	8	1	1	0		
	Signature Organio Juices - Large	Completely Kale	430	205	6	0	39	38	4	2	0	48	1	0	9	9	1	0	0	
More Than Apple		293	151	6	1	24	24	3	2	0	52	2	0	8	8	1	1	0		
Rebalance		568	295	6	0	62	61	7	3	0	52	1	0	11	11	1	1	0		
Peel Good		605	245	6	1	45	45	9	4	0	40	1	0	8	7	2	1	0		
Pep Up		543	228	6	1	41	40	7	4	0	42	1	0	8	7	1	1	0		
Skin Glow		718	311	7	1	61	59	11	5	0	43	1	0	8	8	2	1	0		
Picked.By.Us.		205	113	6	0	14	14	2	2	0	55	3	0	7	7	1	1	0		
Pick Pink		380	175	6	1	29	29	6	2	0	46	2	0	8	8	2	1	0		
Raw Apple Cider Vinegar		87	31	0	0	7	7	1	0	0	36	0	0	8	8	1	0	0		
Ginger		96	39	0	0	9	7	1	1	0	41	1	0	9	7	1	1	0		
Green Herb		129	55	1	0	12	11	1	1	0	42	0	0	9	9	1	1	0		
P.Y.O. Shots		Raw Apple Cider Vinegar	87	31	0	0	7	7	1	0	0	36	0	0	8	8	1	0	0	
	Ginger	96	39	0	0	9	7	1	1	0	41	1	0	9	7	1	1	0		
	Green Herb	129	55	1	0	12	11	1	1	0	42	0	0	9	9	1	1	0		