

# 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	30.0	6	0.2	0.0	0.2	0.1	0.3	0.8	0.0	77	2.6	0.2	4.8	4.2	3.5	8.9	0.1	
	Chopped Cos & Sweet Gem	30.0	3	0.0	0.0	0.4	0.4	0.5	0.4	0.0	22	0.2	0.1	2.8	2.8	3.0	2.4	0.0	
	Ezme Fava Beans	175.0	252	7.5	0.9	20.2	2.5	18.8	16.6	0.5	1,502	131.2	9.2	39.8	9.5	29.0	27.2	41.0	
	Savoury Pearl Barley	148.7	189	3.1	0.4	30.6	1.2	8.7	5.3	1.1	1,371	104.4	6.1	79.6	6.8	21.8	17.5	8.6	
	Seasonal Shredded Veg	60.0	16	0.6	0.1	1.5	1.4	0.9	1.4	0.0	54	1.9	0.2	5.1	4.6	2.9	4.5	0.1	
PICK.YOUR.OWN. Salads - Textures	Carrot Sauerkraut	30.0	3	0.0	--	0.7	0.1	0.0	0.2	0.3	11	0.1	--	2.4	0.2	0.0	0.7	1.0	
	Chicken Crackling	51.0	251	23.1	6.5	--	--	10.8	0.4	501	46.1	12.9	--	--	--	21.5	39.4		
	Crisp Red Pepper	30.0	6	0.1	0.0	1.3	1.3	0.7	0.2	0.0	21	0.2	0.05	4.3	4.2	2.2	0.8	0.0	
	Crunchy Yellow Peas	25.0	96	3.2	0.3	8.0	0.5	7.7	4.9	--	383	12.8	1.3	32.1	1.9	30.9	19.4	--	
	Diced Smokey Cucumbers	35.0	5	0.2	0.0	0.4	0.4	0.3	0.4	0.1	31	1.2	0.2	2.5	2.4	1.5	2.1	1.1	
	Green Apple Slaw	40.0	139	11.9	1.2	4.7	4.0	0.8	3.3	3.7	2,162	143.1	15.0	161.4	74.5	13.7	64.2	81.9	
	Green Herb Salsa	25.5	29	2.7	0.1	0.7	0.4	--	0.6	0.2	1,028	103.3	5.3	12.0	6.0	--	13.3	39.5	
	Nut Crumble	28.0	165	14.9	1.2	5.3	3.7	2.0	3.5	0.1	2,981	248.0	17.2	127.7	110.6	26.9	51.5	39.6	
	Pickled Chillies & Shallots	25.6	9	0.1	--	1.6	1.1	0.2	0.4	0.5	99	0.8	--	16.0	11.9	1.7	5.1	5.6	
	P.Y.O. Seasoning	5.0	16	0.7	0.1	1.3	0.3	0.8	0.8	0.3	2,166	100.6	15.4	198.0	60.4	119.1	100.7	39.8	
	Raw Shredded Carrot	30.0	10	0.1	0.0	2.3	2.2	1.2	0.2	0.0	34	0.4	0.10	7.7	7.2	3.9	0.5	0.0	
	Sourdough Croutons	46.2	154	7.6	0.4	18.1	0.4	0.8	3.0	0.6	1,134	100.9	5.3	47.1	1.0	2.0	8.4	40.5	
	PICK.YOUR.OWN. Salads - Flavours	Raw Apple Cider Vinaigrette	25.2	95	8.3	0.4	4.6	4.5	--	0.6	0.4	1,399	108.2	5.7	103.2	101.3	--	8.3	42.4
Carrot & Fermented Barley		25.0	190	18.1	1.9	5.7	5.0	0.3	0.8	0.6	2,473	210.0	20.9	131.9	111.7	9.1	13.7	50.9	
Coronation Caesar		27.7	250	23.6	2.4	4.8	3.9	0.1	4.3	7.3	2,291	158.5	15.9	186.7	132.9	25.3	52.6	83.4	
Dill Buttermilk		25.0	129	11.8	1.2	2.5	1.8	0.1	3.1	3.7	2,095	142.6	14.9	146.6	59.7	9.7	62.5	81.9	
Green Harissa Tahini		25.0	94	9.2	1.2	0.6	0.1	0.6	2.0	0.2	2,041	209.9	20.4	9.7	3.6	8.1	24.4	3.6	
Lemon & Basil		25.0	139	15.1	0.8	0.4	0.2	--	0.3	0.2	1,187	109.6	5.8	32.8	11.1	--	19.2	42.4	
Must Pick Honey Mustard		25.0	118	10.5	0.8	4.2	4.1	0.5	1.3	1.5	2,881	250.4	20.5	116.4	113.0	9.2	34.3	84.4	
Pickled Chilli Mayo		25.0	225	21.9	2.3	2.4	1.7	0.1	4.1	6.9	1,510	140.8	14.5	27.9	18.5	3.0	28.6	48.0	
Harissa Broccoli		62.5	35	1.9	0.2	2.0	1.2	2.4	2.6	0.1	1,048	107.1	6.3	12.8	5.0	8.1	6.6	8.1	
Jammy Peppers		80.3	94	6.8	0.4	8.1	7.4	1.5	0.7	0.1	1,408	100.3	5.3	130.7	128.8	4.4	2.7	39.4	
PICK.YOUR.OWN. Salads - Toppers	White Bean Hummus	50.0	146	8.8	1.1	6.5	0.7	6.4	7.0	0.3	1,900	167.6	15.7	35.1	5.1	33.3	46.5	40.1	
	Crumbled Lancashire Cheese	20.0	79	6.5	4.2	0.8	0.1	0.1	4.2	0.3	395	32.7	20.8	3.9	0.5	0.5	21.0	1.7	
	Halved Avocado	100.0	171	17.4	4.2	1.8	0.4	3.1	1.8	0.0	171	17.4	4.2	1.8	0.4	3.1	1.8	0.0	
	Glazed Ham Hock	142.8	449	18.2	9.1	4.0	3.9	1.7	36.0	3.8	3,144	258.4	26.6	116.9	113.5	10.2	59.3	85.4	
	Lemon & Herb-Dressed Chicken	100.0	205	15.0	3.7	0.0	0.0	--	17.3	0.4	1,096	113.5	8.9	0.1	0.1	--	18.6	39.5	
	Torn Roast Potatoes	87.0	87	3.4	0.2	13.4	1.1	1.5	1.4	0.1	971	100.1	5.2	16.2	1.4	1.8	2.5	39.4	
	Seasonal Honey Roast Beetroot	94.2	74	4.4	0.2	7.4	6.9	--	1.5	0.4	1,296	100.1	5.2	101.1	100.5	--	2.9	39.5	
	Za'atar Cherry Tomatoes	53.0	20	0.8	0.1	2.7	2.4	0.7	0.6	0.2	1,842	108.0	7.4	193.1	124.6	15.6	13.0	41.5	
	Chilli Crusted Wild Salmon	77.5	178	10.4	2.0	1.1	0.3	0.6	20.0	0.3	3,390	218.9	24.0	207.6	53.5	123.2	128.9	47.9	
	Slow Spiced Lamb Shoulder	98.0	292	20.8	9.7	2.8	2.9	0.1	23.2	0.4	1,053	44.4	11.9	101.3	103.6	10.5	42.6	39.6	
	Signature Salads - Regular	Avo & Chips	451.2	626	42.2	5.7	47.5	3.9	13.9	10.6	1.8	4,836	438.6	27.0	149.7	32.3	31.7	65.3	131.1
		Everyone Picks (Coronation) Caesar	304.8	947	76.0	17.2	24.3	4.9	1.7	40.7	9.2	5,516	454.5	64.1	245.4	141.5	34.3	133.4	204.5
		H.L.T.	445.6	933	40.2	10.8	60.0	12.4	12.9	46.4	7.2	10,394	822.3	66.0	555.9	361.7	61.8	134.9	260.4
Lamb Shawarma		354.0	552	40.4	11.4	17.1	15.1	3.3	29.9	4.9	4,817	293.8	32.7	407.0	315.2	34.2	128.4	167.8	
The Meze		457.8	760	47.1	4.8	40.0	14.4	30.0	31.7	8.1	7,421	648.4	51.2	251.6	172.1	82.3	116.1	177.8	
Signature Salads - Large	Salmon Crunch	395.5	716	42.7	5.4	31.0	10.2	24.1	43.6	1.2	10,002	810.3	71.1	397.6	189.0	194.0	237.0	132.2	
	Avo & Chips	540.5	723	43.8	5.9	62.8	4.5	18.4	13.6	2.3	5,560	492.1	30.2	191.9	37.8	44.4	78.5	135.4	
	Everyone Picks (Coronation) Caesar	334.8	952	76.1	17.2	24.6	5.2	2.1	41.3	9.2	5,566	455.9	64.2	249.2	145.0	37.6	139.1	204.5	
	H.L.T.	535.0	1,030	41.8	11.0	75.5	13.2	17.5	49.2	7.8	11,091	874.6	69.1	597.1	366.5	74.2	144.9	264.8	
	Lamb Shawarma	399.0	563	40.8	11.5	18.0	15.9	3.9	31.0	5.0	4,883	296.0	32.9	411.9	319.6	37.4	135.1	167.8	
PICK.YOUR.OWN. Organic Juices - Bases	The Meze	560.3	888	50.9	5.3	50.3	15.9	39.6	40.2	8.4	8,183	714.1	55.8	272.9	178.3	98.3	130.9	198.3	
	Salmon Crunch	513.0	849	46.7	5.9	41.8	12.2	33.9	52.6	1.4	10,746	876.5	75.7	412.3	188.9	206.1	252.3	152.7	
	Carrot	100.0	34	0.4	0.1	7.7	7.2	3.9	0.5	0.0	34	0.4	0.10	7.7	7.2	3.9	0.5	0.0	
	Celery	45.0	4	0.0	--	0.6	0.6	0.7	0.2	0.0	9	0.1	--	1.4	1.4	1.5	0.5	0.1	
	Cucumber	112.5	16	0.7	--	1.4	1.4	0.8	1.1	0.0	14	0.6	0	1.2	1.2	0.7	1.0	0.0	
	Green Apple	150.0	65	0.6	0.2	15.0	15.0	1.5	0.8	0.0	43	0.4	0.10	10.0	10.0	1.0	0.5	0.0	
	Orange	225.0	81	0.5	0.1	18.5	18.5	2.7	1.8	0.0	36	0.2	0.05	8.2	8.2	1.2	0.8	0.0	
Pineapple	200.0	90	0.2	--	22.8	22.8	2.4	1.0	--	45	0.1	--	11.4	11.4	1.2	0.5	--		
Pink Grapefruit	150.0	51	0.8	0.1	10.4	10.4	1.4	1.3	0.0	34	0.5	0.1	6.9	6.9	0.9	0.9	0.0		

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. Organic Juices - Mixers	Ginger	12.5	5.5	0.1	0.0	1.0	0.2	0.3	0.2	0.0	44	0.8	0.20	8.1	1.7	2.0	1.8	0.0
	Kale	50.0	17	0.8	0.1	0.7	0.7	--	1.7	0.0	33	1.6	0.20	1.4	1.3	0	3.4	0.0
	Lemon	50.0	4	--	--	0.8	0.8	--	0.2	0.0	7	0.0	0.0	1.6	1.6	0	0.3	0.0
	Parsley	15.0	5	0.2	--	0.4	0.3	--	0.5	0.0	34	1.3	0	2.7	2.3	0	3.0	0.0
	Red Pepper	75.0	16	0.2	0.0	3.2	3.2	1.7	0.6	0.0	21	0.2	0.05	4.3	4.2	2.2	0.8	0.0
	Strawberry	100.0	30	0.5	0.0	6.1	6.1	3.8	0.6	0.0	30	0.5	0.04	6.1	6.1	3.8	0.6	0.0
PICK.YOUR.OWN. Organic Juices - Extras	Raw Apple Cider Vinegar Shot	86.7	31	0.3	0.1	6.9	6.8	0.8	0.4	0.0	71	0.4	0.1	12.8	11.6	2.2	0.9	0.0
	Fresh Bee Pollen Sprinkle	10.0	31	0.5	0.3	4.4	3.6	0.8	2.4	0.0	314	4.9	3.5	43.5	35.8	7.7	24.1	0.0
	Ginger Shot	96.0	39	0.5	0.1	8.5	6.6	1.2	0.9	0.0	94	1.2	0.3	19.7	13.3	3.0	2.6	0.0
	Green Herb Bunch	25.0	10	0.3	--	1.0	0.3	--	0.9	0.0	77	2.0	--	8.0	2.3	--	6.8	0.0
	Cold Matcha Shot	62.4	8	0.1	--	0.9	--	--	--	--	324	5.3	--	38.5	--	--	--	--
Signature Organic Juices - Regular	British Greens	220.0	131	6.6	0.5	16.1	16.0	1.5	2.9	0.0	1,013	103.3	5.5	14.2	13.7	1.0	7.7	0.2
	Clean & Green	362.5	155	5.9	0.3	24.8	24.8	3.9	2.4	0.0	971	100.8	5.2	14.1	14.1	3.4	2.8	0.2
	Completely Kale	317.5	142	7.1	0.5	17.1	17.0	2.3	3.6	0.0	993	102.6	5.5	12.7	12.6	1.7	5.7	0.1
	More Than Apple	217.5	119	5.7	0.4	16.8	16.0	1.8	1.2	0.0	997	101.2	5.5	19.8	13.4	3.0	3.4	0.1
	Rebalance	367.5	205	5.9	0.4	38.8	38.0	4.2	2.0	0.0	1,035	101.3	5.5	29.6	23.2	4.2	3.6	0.1
	Peel Good	380.0	164	5.9	0.5	27.0	26.5	6.6	2.5	0.0	980	100.6	5.4	17.6	17.1	5.1	2.4	0.1
	Pep Up	317.5	147	5.7	0.4	22.7	21.8	4.6	2.7	0.0	1,004	101.2	5.5	20.7	14.2	5.4	4.2	0.1
	Skin Glow	492.5	230	6.6	0.6	42.2	40.9	8.4	3.3	0.0	1,060	101.8	5.7	34.1	27.2	8.1	4.4	0.1
	All Pink	155.0	96	5.8	0.4	10.4	10.4	1.4	1.4	0.0	937	100.5	5.3	7.0	7.0	0.9	1.7	0.1
	Strawberry Fields	305.0	143	6.1	0.5	21.9	21.9	5.3	1.5	0.0	983	100.9	5.3	17.8	17.8	4.8	2.2	0.1
	British Greens	295.0	164	6.9	0.6	23.6	23.5	2.3	3.3	0.0	968	100.6	5.4	15.1	15.1	1.5	1.6	0.2
	Clean & Green	562.5	245	6.1	0.3	47.6	47.6	6.3	3.4	0.0	1,002	100.3	5.2	24.3	24.3	3.9	2.3	0.2
	Completely Kale	430.0	205	5.9	0.4	38.8	38.0	4.2	2.0	0.0	1,035	101.3	5.5	29.6	23.2	4.2	3.6	0.1
More Than Apple	292.5	151	6.0	0.5	24.3	23.5	2.5	1.5	0.0	968	100.6	5.4	15.1	15.1	1.5	1.6	0.1	
Rebalance	567.5	295	6.1	0.4	61.6	60.8	6.6	3.0	0.0	993	100.2	5.2	22.9	22.9	2.4	1.8	0.1	
Peel Good	605.0	245	6.3	0.6	45.4	44.9	9.3	4.3	0.0	975	100.4	5.3	16.5	16.5	2.4	2.4	0.1	
Pep Up	542.5	228	6.2	0.5	41.1	40.3	7.3	4.5	0.0	975	100.4	5.3	16.5	16.5	2.4	2.4	0.1	
Skin Glow	717.5	311	7.0	0.8	60.6	59.3	11.1	5.1	0.0	975	100.4	5.3	16.5	16.5	2.4	2.4	0.1	
All Pink	205.0	113	6.0	0.4	13.9	13.9	1.8	1.8	0.0	948	100.7	5.3	9.4	9.4	1.2	2.0	0.1	
Strawberry Fields	380.0	175	6.4	0.5	29.4	29.4	6.1	1.9	0.0	968	100.6	5.4	15.1	15.1	1.5	1.6	0.1	
P.Y.O. Shots	Raw Apple Cider Vinegar	86.7	31	0.3	0.1	6.9	6.8	0.8	0.4	0.0	71	0.4	0.1	12.8	11.6	2.2	0.9	0.0
	Ginger	96.0	39	0.5	0.1	8.5	6.6	1.2	0.9	0.0	94	1.2	0.3	19.7	13.3	3.0	2.6	0.0
	Green Herb	129.0	55	0.6	0.1	11.7	11.1	1.1	1.2	0.0	120	2.4	0.1	18.0	12.3	1.0	7.3	0.0