



Salad Bar

week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Fresh picks

THE STAPLES

Iceberg Lettuce
Sliced Cucumber
Tomato Wedges
Sliced Red Onion
Diced Beetroot
Grated Carrots

Iceberg Lettuce
Sliced Cucumber
Tomato Wedges
Sliced Red Onion
Diced Beetroot
Grated Carrots

Rocket Salad
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Sweetcorn
Sliced Peppers

Rocket Salad
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Sweetcorn
Sliced Peppers

Iceberg Lettuce
Cherry Tomatoes
Cucumber
Sweetcorn
Shredded Carrots

Everyday Salads

FEEL GOOD FOOD

Classic Potato Salad



Classic Potato salad



Beetroot and Chickpea Salad



Beetroot and Chickpea Salad



Tomato and Basil Salad



Tomato and Basil Salad



Persian Style Minted Salad



Persian Style Minted Salad



Chef's Choice of Salads
(must be allergen free)

Flavourzone favourites

EXTRA TASTY

Pumpkin Seeds
Sunflower Seeds
Crispy Onions
Raisins
Flavoured Oils

Pumpkin Seeds
Sunflower Seeds
Crispy Onions
Lemon Wedges
Flavoured Oils

Sunflower Seeds
Sliced Black Olives
Pickled Onion
Raisins
Flavoured Oils

Sunflower Seeds
Sliced Black Olives
Pickled Onion
Raisins
Flavoured Oils

Taco Crumbs
Sunflower Seeds
Rocket Pesto
Raisins
Flavoured Oils

Dates

13/04/26, 11/05/26, 15/06/26
and 13/07/26



Look for this logo on the menu to try a yummy seasonal special!

Allergen Information

This is an allergen free salad bar. However, please be aware that this is self-serving and cross contamination may occur.



Salad Bar

week 2



Monday

Tuesday

Wednesday

Thursday

Friday

Fresh picks

THE STAPLES

Iceberg Lettuce
Cherry Tomatoes
Cucumbers
Sweetcorn
Roasted Red Peppers
Shredded Carrots

Iceberg Lettuce
Cherry Tomatoes
Cucumbers
Sweetcorn
Roasted Red Peppers
Shredded Carrots

Mixed Leaves Salad
Tomatoes
Courgette Ribbons
Sliced Red Onion
Baby Spinach
Cucumber

Mixed Leaves Salad
Tomatoes
Courgette Ribbons
Sliced Red Onion
Baby Spinach
Cucumber

Lettuce Leaves
Cherry Tomatoes
Cucumber
Sweetcorn
Grated Carrots

Everyday Salads

FEEL GOOD FOOD

Crunchy Mint and Basil Salad



Crunchy Mint and Basil Salad



Rocket, Beetroot and Quinoa Salad



Rocket, Beetroot and Quinoa Salad



Cowboy's Potato Salad



Cowboy's Potato Salad



Cucumber and Mint Salad



Cucumber and Mint Salad



Chef's Choice of Salads
(must be allergen free)

Flavourzone favourites

EXTRA TASTY

Taco Crumbs
Pumpkin Seeds
Raisins
Rocket Pesto
Flavoured Oils

Crispy Onions
Pumpkin Seeds
Raisins
Rocket Pesto
Flavoured Oils

Dill Pickled Vegetables
Sultanas
Sunflower Seeds
Crispy Onions
Flavoured Oils

Dill Pickled Vegetables
Sultanas
Sunflower Seeds
Crispy Onions
Flavoured Oils

Taco Crumbs
Pumpkin Seeds
Sunflower Seeds
Raisins
Flavoured Oils

Dates

20/04/26, 18/05/26 and 22/06/26



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Allergen Information

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Salad Bar

Week 3



Monday

Tuesday

Wednesday

Thursday

Friday

Fresh picks

THE STAPLES

Sweetcorn
Baby Gem
Cucumber
Grated Carrot
Cherry Tomatoes
Mixed Peppers

Sweetcorn
Baby Gem
Cucumber
Grated Carrot
Cherry Tomatoes
Mixed Peppers

Tomato
Baby Spinach
Cucumber Sticks
Mixed Peppers
Diced Beetroot
Grilled Courgette

Tomato
Baby Spinach
Cucumber Sticks
Mixed Peppers
Diced Beetroot
Grilled Courgette

Shredded Iceberg
Cucumber
Tomato
Sliced Peppers
Sweetcorn

Everyday Salads

FEEL GOOD FOOD

Big Green Salad

Big Green Salad

Italian Style Potato Salad

Italian Style Potato Salad

Chef's Choice of Salads
(must be allergen free)

Honey and Beetroot Salad

Honey and Beetroot Salad

Summer Salad with Basil

Summer Salad with Basil

Flavourzone favourites

EXTRA TASTY

Raisins
Banana Chips
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Raisins
Banana Chips
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Taco Crumbs
Pickled Vegetables
Sunflower Seeds
Sliced Black Olives
Flavoured oils

Crispy Onions
Pickled Vegetables
Sunflower Seeds
Sliced Black Olives
Flavoured oils

Crispy Onions
Banana Chips
Sunflower Seeds
Raisins
Flavoured oils

Dates

27/04/26, 01/06/26 and
29/06/26



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Allergen Information

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Salad Bar

Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Fresh picks

THE STAPLES

Carrot Batons
Lettuce
Cucumber Sticks
Tomato Wedges
Sliced Mixed Peppers
Sweetcorn

Carrot Batons
Baby Spinach
Cucumber Sticks
Tomato Wedges
Sliced Mixed Peppers
Sweetcorn


Shredded Red Cabbage
Gem Lettuce
Cucumber
Red Radish
Tomatoes
Beetroot


Shredded Red Cabbage
Gem Lettuce
Cucumber
Red Radish
Tomatoes
Beetroot


Baby Spinach
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Beetroot


Everyday Salads


FEEL GOOD FOOD


Basil, Butterbean and Tomato Salad 


Basil, Butterbean and Tomato Salad 


Mint, Tomato and Watermelon Salad 

Mint, Tomato and Watermelon Salad 

Mint and Beetroot Salad 

Mint and Beetroot Salad 

Green Potato Salad 

Green Potato Salad 

Chef's Choice of Salads
(must be allergen free)

Flavourzone favourites

EXTRA TASTY

Raisins
Crispy Onions
Taco Crumbs
Pumpkin Seeds
Flavoured Oils

Raisins
Crispy Onions
Sliced Black Olives
Pumpkin Seeds
Flavoured Oils

Spinach Pesto
Raisins
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Spinach Pesto
Raisins
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Lemon Wedges
Pumpkin Seeds
Sunflower Seeds
Raisins
Flavoured Oils

Dates

04/05/26, 08/06/26 and
06/07/06



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Allergen Information

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