

Salad Bar



Monday

Tuesday

Wednesday

Thursday

Friday

Fresh Picks

The Staples

Iceberg Lettuce
Cherry Tomatoes
Cucumber
Sweetcorn
Roasted Peppers
Shredded Carrots

Iceberg Lettuce
Cherry Tomatoes
Cucumber
Sweetcorn
Roasted Peppers
Shredded Carrots

Iceberg Lettuce
Beetroot
Grated Courgette
Sliced Red Onion
Tomato
Cucumber

Iceberg Lettuce
Beetroot
Grated Courgette
Sliced Red Onion
Tomato
Cucumber

Lettuce Leaves
Cherry Tomatoes
Cucumber
Sweetcorn
Grated Carrots

Everyday Salads

Feel Good Food

Roasted Butternut,
Pumpkin Seed and
Sage Salad
Orange and Spiced
Beetroot Salad

Roasted Butternut,
Pumpkin Seed and
Sage Salad
Orange and Spiced
Beetroot Salad

Rocket and Beetroot
Salad with Crispy
Chickpea
Seedy Spicy Carrot
Salad

Rocket and Beetroot
Salad with Crispy
Chickpea
Seedy Spicy Carrot
Salad

Chef's Choice Of
Sustainable Salads
(must be allergen free)

Flavourzone Favourites

Extra Tasty

Veg Crunch
Sunflower Seeds
Raisins
Chilli Flakes
Flavoured Oils

Veg Crunch
Sunflower Seeds
Raisins
Chilli Flakes
Flavoured Oils

Veg Crunch
Taco Crumbs
Raisins
Pumpkin Seed
Flavoured Oils

Veg Crunch
Taco Crumbs
Raisins
Pumpkin Seed
Flavoured Oils

Veg Crunch
Pumpkin Seeds
Chilli Flakes
Sunflower Seeds
Flavoured Oils

Week 1

01/09/26, 28/09/26,
09/11/26 and 07/12/26

Allergens

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



Look for this logo to try
Captain Earth's tasty,
planet-friendly dishes!

Salad Bar



Monday

Tuesday

Wednesday

Thursday

Friday

Fresh Picks

The Staples

Carrot
Baby Spinach
Cucumber
Tomato Wedges
Sliced Radish
Sweetcorn

Carrot
Baby Spinach
Cucumber
Tomato Wedges
Sliced Radish
Sweetcorn

Shredded Red Cabbage
Baby Spinach
Cucumber
Sugar Snap Peas
Tomatoes
Sliced Mixed Peppers

Shredded Red Cabbage
Baby Spinach
Cucumber
Sugar Snap Peas
Tomatoes
Sliced Mixed Peppers

Baby Spinach
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Beetroot

Everyday Salads

Feel Good Food

Gluten Free
Mediterranean Pasta Salad

Gluten Free
Mediterranean Pasta Salad

Roasted Sweet Potato and Basil Salad

Roasted Sweet Potato and Basil Salad

Chef's Choice Of Sustainable Salads (must be allergen free)

Beetroot and Kale Salad

Beetroot and Kale Salad

Fennel, Celeriac and Chervil Slaw

Fennel, Celeriac and Chervil Slaw

Flavourzone Favourites

Extra Tasty

Veg Crunch
Banana Chips
Sun Dried Tomato
Pumpkin Seeds
Flavoured Oils

Veg Crunch
Banana Chips
Sun Dried Tomato
Pumpkin Seeds
Flavoured Oils

Veg Crunch
Tomato Salsa
Raisins
Sunflower Seeds
Flavoured Oils

Veg Crunch
Tomato Salsa
Raisins
Sunflower Seeds
Flavoured Oils

Veg Crunch
Lemon Wedges
Crispy Onions
Pumpkin Seeds
Raisins
Flavoured Oils

Week 2

07/09/26, 05/10/26,
16/11/26 and 14/12/26

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Salad Bar



Monday

Tuesday

Wednesday

Thursday

Friday

Fresh Picks

The Staples

Sweetcorn	Sweetcorn	Tomato	Tomato	Shredded Iceberg
Baby Gem	Baby Gem	Sweetcorn	Sweetcorn	Cucumber
Cucumber	Cucumber	Baby Gem	Baby Gem	Tomato
Grated Carrot	Grated Carrot	Cucumber	Cucumber	Sliced Peppers
Cherry Tomatoes	Cherry Tomatoes	Diced Beetroot	Diced Beetroot	Sweetcorn
Mixed Peppers	Mixed Peppers	Mixed Pepper	Mixed Peppers	

Everyday Salads

Feel Good Food

Roasted Parsnip and Onion Salad	Roasted Parsnip and Onion Salad	Tomato and roasted Pepper Salad	Tomato and roasted Pepper Salad	Chef's Choice Of Sustainable Salads (must be allergen free)
Moroccan Carrot and Orange Salad	Moroccan Carrot and Orange Salad	Sweet Potato, Sage and Red Pepper Salad	Sweet Potato, Sage and Red Pepper Salad	

Flavourzone Favourites

Extra Tasty

Veg Crunch Raisins	Veg Crunch Raisins	Veg Crunch	Veg Crunch	Veg Crunch
Banana Chips	Banana Chips	Homemade Pickled Cucumber	Homemade Pickled Cucumber	Chilli Flakes
Pumpkin Seeds	Pumpkin Seeds	Sunflower Seeds	Sunflower Seeds	Banana Chips
Flavoured Oils	Flavoured Oils	Sliced Black Olives	Sliced Black Olives	Sunflower Seeds
		Flavoured Oils	Flavoured Oils	Raisins
				Flavoured Oils

Week 3

14/09/26, 12/10/26
and 23/12/26

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Salad Bar



Monday

Tuesday

Wednesday

Thursday

Friday

Fresh Picks

The Staples

Carrot
Baby Spinach
Cucumber
Tomato Wedges
Sliced Radish
Sweetcorn

Carrot
Baby Spinach
Cucumber
Tomato Wedges
Sliced Radish
Sweetcorn

Shredded Red
Cabbage
Baby Spinach
Cucumber
Sugar Snap Peas
Tomatoes
Sliced Mixed Peppers

Shredded Red
Cabbage
Baby Spinach
Cucumber
Sugar Snap Peas
Tomatoes
Sliced Mixed Peppers

Baby Spinach
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Beetroot

Everyday Salads

Feel Good Food

Rocket and Grilled
Carrot Salad
Courgette, Pumpkin
Seed and Red Onion
Salad

Rocket and Grilled
Carrot Salad
Courgette, Pumpkin
Seed and Red Onion
Salad

Summery Spinach
Rice Salad

Summery Spinach
Rice Salad

Chef's Choice Of
Sustainable Salads
(must be allergen
free)

Mexican Bean Salad

Mexican Bean Salad

Mexican Bean Salad

Flavourzone Favourites

Extra Tasty

Veg Crunch
Banana Chips
Sun Dried Tomato
Pumpkin Seeds
Flavoured Oils

Veg Crunch
Banana Chips
Sun Dried Tomato
Pumpkin Seeds
Flavoured Oils

Veg Crunch
Tomato Salsa
Raisins
Sunflower Seeds
Flavoured Oils

Veg Crunch
Tomato Salsa
Raisins
Sunflower Seeds
Flavoured Oils

Veg Crunch
Lemon Wedges
Crispy Onions
Pumpkin Seeds
Raisins
Flavoured Oils

Week 4

21/09/26, 02/11/26
and 30/11/26

Allergens

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