

## Sharing Salads

Category	Item	Ingredients	ALLERGENS
Chicken Caesar Salad Plus	Crisp Lettuce Leaves, Creamy Caesar Mayo Dressing, Olive Oil Ciabatta Croutons, Freshly Grated Parmesan, Topped with Golden Breaded Chicken Breast	Lettuce, White Wheat Flour, Water, Yeast, Extra Virgin Olive Oil, Salt, Malt Wheat Flour, olive oil, herbs, Unpasteurised Cow's Milk, Salt, Animal Rennet, Lysozyme E1105, chicken, rapeseed oil, water, dried garlic, citric acid, medium fat hard cheese, lysozyme egg, salt, lemon juice concentrate, dried onion, xanthan gum, sugar, egg yolk, malt vinegar, molasses, soya beans, wheat, tamarind concentrate, white pepper, chilli, ground ginger, ground cloves, acetic acid, black pepper, potassium sorbate, natural flavouring, milk, Chicken breast, vegetable oil, wheat flour, modified starch, salt, sugar, E450, E500, E341, Whey powder, rice flour, spices, lemon, salt, pepper, garlic powder, onion powder.	gluten, milk, egg,
Chef's Chargrilled Chicken Bowl	Crisp Lettuce, Baby Leaf Spinach & Peppery Rocket Leaves, Tomatoes, Cucumber, Red Onion, Chickpeas & Grated Carrot. Topped with a Lean Simply Grilled Chicken Breast. Served with Olive Oil & Lemon Juice Dressing	Lettuce, baby leaf spinach, rocket, black pepper, tomatoes, cucumber, red onion, chickpeas, carrots, chicken breast, olive oil, lemon juice, potassium metabisulphite. Chicken, carrots, salt, pepper, olive oil, lemon juice, potassium metabisulphite	sulphites
Asian Roasted Sweet Chilli Salmon & Sesame Egg Noodle Bowl	Miso Sweet Chilli Roasted Salmon, Sesame Egg Noodles & Crunchy Raw Asian Vegetables, Served with a Soy Sesame Dressing	Salmon, sesame, wheat flour, salt, beta carotene, turmeric, courgette, carrots, bean shoots, spinach, green peppers, red peppers, soybean, spirit vinegar, water, sugar, chilli, salt, acetic acid, garlic, citric acid, modified corn starch, ginger, chilli flake, coriander, maple syrup	fish, sesame, gluten, soya
Tuna Niçoise Plus	Flaky Tuna, Boiled Free Range Egg, Tomatoes, Cucumber, Green Beans, Marinated Olives, Roasted Lemon Scented Potatoes, Mixed Leaves, Wholemeal Olive Oil & Herb Crostini, Creamy Grain Mustard Mayo Dressing	Tuna, eggs, tomatoes, cucumber, green beans, olives, potatoes, lemon juice, lemon zest, potassium metabisulphite, mustard, Wholemeal Wheat Flour, Water, Yeast, Salt, Emulsifiers: E472e, *E471, Wheat Flour (with added calcium, iron, niacin and thiamine), Preservative: E282, Sugar, Rapeseed Oil, E300, E524, E415, E535, olive oil, marjoram, thyme, parsley, basil, savory, rapeseed oil, water, spirit vinegar, sugar, egg yolk, maltodextrin, mustard flour, salt, turmeric, xanthan gum, acetic acid, potassium sorbate, lutein, mustard seeds, potassium metabisulphite, lettuce, rocket, spinach, WHEAT Flour, Water, Whole WHEAT Flour, Yeast, Iodised Salt, Gluten, Malt Flour, Roasted Malt Flour, olive oil, marjoram, thyme, parsley, basil, savory, rapeseed oil, water, spirit vinegar, sugar, salt, turmeric, mustard, xanthan gum, acetic acid, potassium sorbate, lutein	fish, eggs, sulphites, gluten, mustard,
Mediterranean Mezze Salad Bowl (Vegan)	Sweet Potato Falafels, Houmus, Lemony Quinoa, Crisp Mixed Leaves, Refreshing Raw Vegetable Greek Salad, Chickpeas & Rustic Bread	Chickpeas, red pepper, rapeseed oil, onion, potato flake, apricots, dates, water, garlic, salt, bicarbonate of soda, coriander, cumin, parsley, cinnamon, white pepper, chilli flakes, sesame seeds, garlic, quinoa, peas, sweetcorn, salt, pepper, lemon juice, potassium metabisulphites, cucumber, tomatoes, onion, olives, WHEAT Flour (WHEAT Flour, WHEAT GLUTEN, Malted WHEAT Flour, Flour Treatment Agent (E300)), Water, Starter dough (WHEAT flour, Water, Salt, Yeast, WHEAT GLUTEN, Malted WHEAT Flour), Salt, Yeast, Emulsifier (E471), Flour Treatment Agent (E300)	sesame, sulphites, gluten,
Sands Classic Italian Salad	Rich Italian Sun Dried Tomato Pasta, Topped with Creamy Fresh Torn Mozzarella, Roasted Mediterranean Vegetables, Marinated Olives, Dried Oregano, Rocket Leaves, Parmesan Sprinkles & a Creamy Italian Mayo Dressing	Durum wheat semolina, sundried tomatoes, rapeseed oil, garlic, salt, oregano, milk, green peppers, red peppers, onion, eggs, courgettes, cherry tomatoes, olives, vegetable oil, rocket, parmesan, rapeseed oil, water, spirit vinegar, sugar, salt, turmeric, mustard, xanthan gum, acetic acid, potassium sorbate, lutein	gluten, milk, mustard, eggs
Sands Classic Italian Salad (Gluten Free Pasta)	Rich Italian Sun Dried Tomato Pasta, Topped with Creamy Fresh Torn Mozzarella, Roasted Mediterranean Vegetables, Marinated Olives, Dried Oregano, Rocket Leaves, Parmesan Sprinkles & a Creamy Italian Mayo Dressing	Rice flour, white maize flour, sundried tomatoes, rapeseed oil, garlic, salt, oregano, milk, green peppers, red peppers, onion, courgettes, cherry tomatoes, olives, vegetable oil, rocket, eggs, parmesan, rapeseed oil, water, spirit vinegar, sugar, salt, turmeric, mustard, xanthan gum, acetic acid, potassium sorbate, lutein	milk, mustard, eggs
Brilliant Biryani Rice Salad Bowl	Fragrant Basmati Rice, Roasted Tumeric Spiced Cauliflower, Garam Masala Baked Aubergines, Crispy Chickpeas, Shredded Baby Leaf Spinach, Fresh Mint & Coriander Leaves, Fresh Lime Juice, Juicy Sultanas. Served with a Coconut Yogurt Dressing.	Rice, cauliflower, aubergines, chickpeas, turmeric, coriander, cumin, pimiento, nutmeg, pepper, cardamon, cloves, fennel, bay leaves, spinach, mint, coriander, lime juice, sultanas, coconut milk, tapioca starch, live vegan cultures.	

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SALSA Crunch Rainbow Bowl - Vegan	Tomatoes, Cucumber, Radishes, Raw Peppers, Fresh Green Herbs, A Touch of Red Onion, Chickpeas,	tomatoes, cucumbers, radish, peppers, parsley, coriander, mint, red onion, chickpeas, lime juice,	
Italian Mozzarella Tricolore	Creamy Fresh Mozzarella, Fresh Tomatoes, Italian Herb Grilled Peppers, Marinated Olives, Rocket Leaves, Served with a Sundried Tomato Vinaigrette	Mozzarella, tomatoes, red and green peppers, salt, pepper, oregano, olives, vegetable oil, rocket, sundried tomatoes, garlic, rapeseed oil, balsamic vinegar, basil, oregano	milk,
Classic House Slaw	Crunchy, Creamy, Cooling and Classic. (Gluten Free. Dairy Free. Contains: Egg Mustard)	red cabbage, white cabbage , carrots, salt, pepper, rapeseed oil, water, spirit vinegar, sugar, eggs, salt, turmeric, mustard, xanthan gum, acetic acid, potassium sorbate, lutein	mustard, eggs
Frenchy 'Nouveau' Potato Salad (No Mayo)	Oven Roasted New Potatoes, Fresh Lemon, Olive Oil, Fresh Dill & Tarragon, & Cornichon Gherkins, (Vegan/Gluten Free)	baby potatoes, lemon, olive oil, dill, tarragon, gerkins, white vinegar, salt, onion, garlic	
Proper Potato Salad	Oven Roasted New Potatoes, Fresh Parsley, Mayo, A Touch of White Wine Vinegar, Freshly Milled Black Pepper (Gluten Free, Dairy Free. Contains: Egg Mustard)	Baby potatoes, parsley, white wine vinegar, salt, pepper, vegetable oil, rapeseed oil, water, spirit vinegar, sugar, salt, turmeric, mustard, xanthan gum, acetic acid, potassium sorbate, lutein	mustard, eggs,
Chef's Salad	Crispy Leaves, Cherry Tomatoes, Cucumber, Chopped Free Range Egg, Charred Sweetcorn, Grated English, Cheddar Cheese. Served with a Creamy Caesar Mayo Dressing, Olive Oil Ciabatta Croutons	iceberg lettuce, spinach, cherry tomatoes, cucumber, eggs, sweetcorn, cheese, rapeseed oil, water, maltodextrin, egg yolk, mustard, medium fat hard cheese, sugar, spirit vinegar, garlic puree, citric acid, lemon juice, lactic acid, black pepper, xanthan gum, dried onion, garlic powder, malt vinegar, cane molasses, acetic acid, salt , tamarind, spices, rice flour, White Wheat Flour, Water, Yeast, Extra Virgin Olive Oil, Salt, Malt Wheat Flour, olive oil	eggs, milk, gluten, mustard
Kale Caesar (VEGAN)	Massaged, Chopped Kale, Caesar Tahini Dressing, Fresh Lemon Juice, Chickpeas, Avocado, Hemp Seeds.	Kale, lemon, chickpeas, avocado, hemp seeds, sesame seeds, rapeseed oil , spirit vinegar, sugar, salt, modified starch, xanthan gum, potassium sorbate, lemon juice concentrate, flavourings, turmeric, paprika extract, Water, Rice Flour, Tapioca Starch, Maize Starch, Yeast, Rapeseed Oil, Thickener: Cellulose; Psyllium Husk Powder, Potato Starch, Sugar, Humectant: Glycerine, Iodised Salt (Salt, Potassium Iodate), Thickener: Hydroxypropyl Methyl Cellulose; Wholegrain Maize Flour, Rice Starch, Spirit Vinegar, Preservative: Calcium Propionate; Rice Bran, Preservative: Sorbic Acid; Thickener: Sodium Carboxymethylcellulose; Thickener: Methyl Cellulose; Acid: Acetic Acid; Thickener: Xanthan Gum; Acidity Regulator: Sodium Carbonate	sesame