



Salad Bar

week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Fresh picks

THE STAPLES

Shredded Iceberg Lettuce
Sliced Cucumber
Tomato Wedges
Sliced Peppers
Sweetcorn

Shredded Iceberg Lettuce
Sliced Cucumber
Tomato Wedges
Sliced Peppers
Sweetcorn

Crispy Cos Lettuce
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Celery Sticks
(Ce)

Crispy Cos Lettuce
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Celery Sticks
(Ce)

Mixed Lettuce
Cucumber
Tomatoes
Beetroot
Sweetcorn

Everyday Salads

FEEL GOOD FOOD

Apple, Kale and Carrot Coleslaw
(E,Mk,Mu,Su) 

Apple, Kale and Carrot Coleslaw
(E,Mk,Mu,Su) 

Crunchy Bulgur Wheat Salad
(Ce,G)

Crunchy Bulgur Wheat Salad
(Ce,G)

Chefs Choice of Salad

Fruity Cous Cous Salad
(G)

Fruity Cous Cous Salad
(G)

Pear and Carrot Crunch Salad 
(Se,Ce,G,Mu)

Pear and Carrot Crunch Salad 
(Se,Ce,G,Mu)

Flavourzone favourites

EXTRA TASTY

Crispy Croutons **(G)**
Crispy Onions
Raisins
Chilli Flakes
Flavoured Oils

Crispy Croutons **(G)**
Crispy Onions
Raisins
Chilli Flakes
Flavoured Oils

Crispy Croutons **(G)**
Sultanas
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Crispy Croutons **(G)**
Sultanas
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Crispy Croutons **(G)**
Crispy Onions
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Dates
01/09/25, 29/09/25, 03/11/25
and 01/12/25



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

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide





Salad Bar

week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Fresh picks

THE STAPLES

Shredded Lettuce
Baby Spinach
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Beetroot

Shredded Lettuce
Baby Spinach
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Beetroot

Shredded Iceberg
Lettuce
Cucumber Batons
Tomato Wedges
Beetroot
Sweetcorn

Shredded Iceberg
Lettuce
Cucumber Batons
Tomato Wedges
Beetroot
Sweetcorn

Gem Lettuce
Cucumber
Tomatoes
Sliced Mixed Peppers
Celery and Sultanas (Ce)

Everyday Salads

FEEL GOOD FOOD

Lentil Salad with
Squash and Feta
(Mk,G) 

Lentil Salad with
Squash and Feta
(Mk,G) 

Zesty Pasta Salad
(G,Mu,So)

Zesty Pasta Salad
(G,Mu,So)

Chefs Choice
of Salad

Southern Style Coleslaw
(E,Mu,Su)

Southern Style Coleslaw
(E,Mu,Su)

Mexican Corn and
Tomato Salsa Salad
(G)

Mexican Corn and
Tomato Salsa Salad
(G)

Flavourzone favourites

EXTRA TASTY

Crispy Croutons **(G)**
Crispy Onions
Raisins
Chilli Flakes
Flavoured Oils

Crispy Croutons **(G)**
Crispy Onions
Raisins
Chilli Flakes
Flavoured Oils

Crispy Croutons **(G)**
Sultanas
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Crispy Croutons **(G)**
Sultanas
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Crispy Croutons **(G)**
Crispy Onions
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Dates

08/09/25, 06/10/25, 11/11/25
and 08/12/25



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seasonal special!

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G = Cereals
containing Gluten

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Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



Salad Bar

week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Fresh picks

THE STAPLES

Shredded Iceberg Lettuce
Sliced Cucumber
Tomato Wedges
Sliced Peppers
Sweetcorn

Shredded Iceberg Lettuce
Sliced Cucumber
Tomato Wedges
Sliced Peppers
Sweetcorn

Crispy Cos Lettuce
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Celery Sticks
(Ce)

Crispy Cos Lettuce
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Celery Sticks
(Ce)

Mixed Lettuce
Cucumber
Tomatoes
Beetroot
Sweetcorn

Everyday Salads

FEEL GOOD FOOD

Quinoa and Butternut Salad
(Mu)



Brussel Sprout Ranch Slaw
(E,Mk,So,Mu)



Quinoa and Butternut Salad
(Mu)



Brussel Sprout Ranch Slaw
(E,Mk,So,Mu)



Crunchy Cauliflower, Pear and Cheddar Salad
(Mk)



Greek Style Pasta Salad
(G,Mk)

Crunchy Cauliflower, Pear and Cheddar Salad
(Mk)



Greek Style Pasta Salad
(G,Mk)

Chefs Choice of Salad

Flavourzone favourites

EXTRA TASTY

Crispy Croutons **(G)**
Crispy Onions
Raisins
Chilli Flakes
Flavoured Oils

Crispy Croutons **(G)**
Crispy Onions
Raisins
Chilli Flakes
Flavoured Oils

Crispy Croutons **(G)**
Crispy Onions
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Crispy Croutons **(G)**
Sultanas
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Crispy Croutons **(G)**
Crispy Onions
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Dates
15/09/25, 13/10/25, 17/11/25
and 15/12/25



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

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Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



Salad Bar

week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Fresh picks

THE STAPLES

Shredded Lettuce
Baby Spinach
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Beetroot

Shredded Lettuce
Baby Spinach
Diced Cucumber
Mixed Tomatoes
Grated Carrot
Beetroot

Shredded Iceberg
Lettuce
Cucumber Batons
Tomato Wedges
Beetroot
Sweetcorn

Shredded Iceberg
Lettuce
Cucumber Batons
Tomato Wedges
Beetroot
Sweetcorn

Gem Lettuce
Cucumber
Tomatoes
Sliced Mixed Peppers
Celery and Sultanas (Ce)

Everyday Salads

FEEL GOOD FOOD

Butternut Squash,
Rocket and Pumpkin
Seed Salad 
~~~~~  
Red Cabbage and  
Pear Coleslaw  
(E) 

Butternut Squash,  
Rocket and Pumpkin  
Seed Salad   
~~~~~  
Red Cabbage and
Pear Coleslaw
(E) 

Brussel Sprout
Kimchi Salad 
~~~~~  
Three Bean and  
Pasta Salad

Brussel Sprout  
Kimchi Salad   
~~~~~  
Three Bean and
Pasta Salad

Chefs Choice
of Salad

Flavourzone favourites

EXTRA TASTY

Crispy Croutons (G)
Crispy Onions
Raisins
Chilli Flakes
Flavoured Oils

Crispy Croutons (G)
Crispy Onions
Raisins
Chilli Flakes
Flavoured Oils

Crispy Croutons (G)
Crispy Onions
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Crispy Croutons (G)
Sultanas
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Crispy Croutons (G)
Crispy Onions
Pumpkin Seeds
Sunflower Seeds
Flavoured Oils

Dates
22/09/25, 20/10/25 and
24/11/25



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G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

