

UNLOCK YOUR MENU



Tick empty box to
make your selection

ON THE SPOT SWAPS: SALAD



BASE OPTIONS

☐ Lettuce		☐ Kale	
☐ Spinach		☐ Mixed greens	
☐ Baby Leaf		☐ Dry coleslaw	
☐ Rocket			

PROTEIN

☐ Chicken		☐ Sweetcorn fritter	
☐ Falafel		☐ Meatballs	
☐ Tofu		☐ Salmon fillet	
☐ Beans		☐ Tuna	

GRAINS & SEEDS

☐ Quinoa		☐ Pumpkin seeds		☐ Wholegrain rice	
☐ Cous cous		☐ Chia seeds		☐ Wholemeal pasta	
☐ Bulgur		☐ Sunflower seeds		☐ Pine nuts	

VEGETABLES

☐ Sweetcorn		☐ Onion		☐ New potatoes		☐ Capers	
☐ Avocado		☐ Cherry tomato		☐ Sultanas		☐ Gherkins	
☐ Olives		☐ Pepper		☐ Celery			

SAUCES

☐ Thousand island		☐ Honey mustard		☐ Mayonnaise		☐ BBQ sauce	
☐ Caesar		☐ Sesame		☐ Vegan mayo		☐ Salad cream	
☐ Balsamic vinegar		☐ Vinaigrette		☐ Sweet chilli			

TOPPING

☐ Hummus		☐ Coleslaw	
☐ Bacon sprinkle		☐ Falafel	
☐ Pine nuts		☐ Cheese	
☐ Crispy onions		☐ Croutons	
☐ Soft boiled egg			

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ON THE SPOT SWAPS: PASTA BOWL



PASTA

Fusilli		Penne	
Rigatoni		Spaghetti	
Farfalle			

PROTEIN

Chicken		Quorn mince	
Pancetta		Red lentils	
Beef mince		Salmon	

SAUCE

Tomato		Pesto	
Carbonara		Sweet and sour	
Arrabbiata		Katsu	
Tomato & mascarpone		Cheese sauce	

CHEESE/TOPPING

Mozzarella		Feta	
Grana Padano		Garlic slice	
Parmesan		Crispy onions	
Ricotta			

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ON THE SPOT SWAPS: SMOOTHIE BOWL

BASE

☐ Berry base		☐ Super green mix	
☐ Banana base		☐ Tropical mix	
☐ Berry & banana base			

FRUIT

☐ Banana slices		☐ Raspberry	
☐ Strawberry		☐ Kiwi	
☐ Blueberry			

TOPPING

☐ Chia seeds		☐ Granola	
☐ Pumpkin seeds		☐ Dried banana chips	
☐ Almonds		☐ Sultanas	
☐ Coconut shavings			

SAUCE

☐ Honey		☐ Chocolate sauce	
☐ Peanut butter		☐ Stevia	
☐ Berry compote			