

# Menu Nutritional Analysis for SALAD BOXES

Filter



| Dishes  | 12 of 12 | Weight (g) | Energy (kcal) | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Fibre (g) | Salt (g) |
|---|----------|------------|---------------|---------|---------------|------------------|------------|-------------|-----------|----------|
| Premium Salad Boxes \ SALAD BOXES<br><b>Mexican Burrito Bowl</b>                  |          | 280        | 466           | 9.0     | 2.8           | 85.2             | 6.0        | 11.4        | 6.8       | 0.4      |
|   |          |            | 23.3%         | 12.9%   | 14.2%         | 32.8%            | 6.6%       | 22.8%       | -         | 6.0%     |
| Salad Boxes \ SALAD BOXES<br><b>Pesto Chicken Crunch Salad Box</b>                |          | 168        | 387           | 11.7    | 2.1           | 58.9             | 3.4        | 16.0        | 2.6       | 0.7      |
|   |          |            | 19.4%         | 16.7%   | 10.5%         | 22.6%            | 3.8%       | 32.1%       | -         | 10.9%    |
| Premium Salad Boxes \ SALAD BOXES<br><b>Quinoa &amp; Feta Superfood Salad</b>     |          | 159        | 210           | 12.1    | 3.0           | 23.5             | 4.7        | 7.7         | 3.1       | 0.6      |
|   |          |            | 10.5%         | 17.3%   | 15.1%         | 9.0%             | 5.2%       | 15.3%       | -         | 9.7%     |
| Salad Boxes \ SALAD BOXES<br><b>Chicken Caesar Salad Box</b>                      |          | 138        | 171           | 13.3    | 1.7           | 3.1              | 2.4        | 10.2        | 1.4       | 0.5      |
|   |          |            | 8.5%          | 19.0%   | 8.7%          | 1.2%             | 2.7%       | 20.4%       | -         | 8.6%     |
| Salad Boxes \ SALAD BOXES<br><b>Tikka Chicken &amp; Mint Yoghurt Salad Box</b>    |          | 138        | 143           | 10.2    | 1.4           | 4.0              | 2.7        | 9.0         | 1.0       | 0.8      |
|   |          |            | 7.2%          | 14.6%   | 7.1%          | 1.5%             | 3.0%       | 17.9%       | -         | 12.9%    |
| Premium Salad Boxes \ SALAD BOXES<br><b>Nicoise Salad Box</b>                     |          | 274        | 280           | 18.2    | 2.7           | 13.3             | 2.9        | 17.8        | 3.1       | 0.8      |
|   |          |            | 14.0%         | 26.0%   | 13.3%         | 5.1%             | 3.3%       | 35.6%       | -         | 12.7%    |
| Salad Boxes \ SALAD BOXES<br><b>Falafel &amp; Pomegranate Cous Cous Salad Box</b> |          | 126        | 384           | 11.2    | 1.0           | 58.7             | 3.7        | 12.0        | 7.1       | 0.8      |
|   |          |            | 19.2%         | 16.0%   | 4.9%          | 22.6%            | 4.2%       | 24.0%       | -         | 12.6%    |
| Premium Salad Boxes \ SALAD BOXES<br><b>Bright &amp; Light Salad Box</b>          |          | 207        | 446           | 18.3    | 2.3           | 61.1             | 3.8        | 17.9        | 3.3       | 0.5      |
|   |          |            | 22.3%         | 26.1%   | 11.4%         | 23.5%            | 4.2%       | 35.8%       | -         | 8.5%     |
| Salad Boxes \ SALAD BOXES<br><b>Egg &amp; Cheddar Cheese Salad Box</b>            |          | 176        | 260           | 21.0    | 8.4           | 2.9              | 1.7        | 15.6        | 0.9       | 1.0      |
|   |          |            | 13.0%         | 30.0%   | 41.9%         | 1.1%             | 1.9%       | 31.1%       | -         | 16.6%    |
| Premium Salad Boxes \ SALAD BOXES<br><b>Go Green Salad Box</b>                    |          | 168        | 309           | 19.9    | 2.3           | 20.6             | 2.3        | 13.4        | 6.9       | 0.0      |
|   |          |            | 15.5%         | 28.5%   | 11.6%         | 7.9%             | 2.5%       | 26.7%       | -         | 0.8%     |

| Dishes   | 12 of 12 | Weight (g) | Energy (kcal)       | Fat (g)              | Saturates (g)       | Carbohydrate (g)    | Sugars (g)         | Protein (g)         | Fibre (g)       | Salt (g)            |
|--|----------|------------|---------------------|----------------------|---------------------|---------------------|--------------------|---------------------|-----------------|---------------------|
| Salad Boxes \ SALAD BOXES<br><b>Harissa Roasted Cauliflower &amp; Chickpea Salad Box</b> |          | <b>140</b> | <b>166</b><br>8.3%  | <b>8.1</b><br>11.5%  | <b>0.7</b><br>3.5%  | <b>14.5</b><br>5.6% | <b>1.4</b><br>1.5% | <b>7.0</b><br>14.0% | <b>4.3</b><br>- | <b>0.2</b><br>3.2%  |
| Premium Salad Boxes \ SALAD BOXES<br><b>Healthy Med Salad Box</b>                        |          | <b>143</b> | <b>260</b><br>13.0% | <b>19.9</b><br>28.4% | <b>5.2</b><br>26.2% | <b>12.8</b><br>4.9% | <b>2.9</b><br>3.2% | <b>8.5</b><br>17.0% | <b>2.1</b><br>- | <b>0.8</b><br>13.4% |