



BUILD YOUR OWN TRAY



STEP 1: CHOOSE YOUR BASE

GRAINS:

Zesty Brown Rice 135cal. **Vg**

Aromatic Bulgur & Chickpeas 200cal. **Vg**

(With Extra Virgin Olive Oil, Zaatar & Lemon Juice)

GREENS:

Iceberg Lettuce & Red Cabbage 16cal. **Vg**

Mixed Leaves 5cal. **Vg**

Baby Spinach 7cal. **Vg**

Suitable for Vegetarians / Vegans **V** **Vg**

Contains Nuts **N**

Spicy **S**

*Allergens in our food. Please ask a member of staff before ordering.



STEP 2: CHOOSE YOUR MAIN

Salad Mix (4 regular cold toppings)	V	£6.95
Parmesan Broccoli 80cal.	V	£8.95
Roasted Courgettes and Carrots 65cal.	Vg	£8.95
Spicy Tahini Cauliflower 115cal.	N V	£8.95
Oven Baked Falafel 230cal.	Vg	£8.95
Harissa Lemon Chicken Thighs 280cal.	S	£10.50
Oven Baked Crispy Chicken 255cal.		£10.50
Golden Spiced Kafta 210cal.		£10.50
Lemon Herb Mediterranean Salmon 240cal.		£12.00

EXTRAS:

Salmon **£5.50** | Chicken or Kafta **£3.95** | Vegetables **£2.95**





**STEP 3: CHOOSE YOUR
TOPPINGS**

**CHOOSE
UP TO 4 FROM
OUR REGULAR
TOPPINGS**



*PREMIUM TOPPINGS +£1.50



STEP 4: ADD A HOMEMADE SAUCE OR DRESSING

Creamy Tahini Sauce  

Spicy Harissa Dressing  

Yoghurt Sauce 

Caesar Dressing 

Pomegranate Dressing 

Balsamic Vinaigrette 

Bonata's Special Dressing 

(Sumac, Garlic, Dried Mint, Olive Oil, Salt)

