

Back by popular demand again! Here is what's now the third edition of my **Lunch Time Cheat Sheet**, this is all about taking away the excuse to go off the rails during lunch time. Print this out, keep it on your desk and refer to it whenever you're in a rush. Enjoy!

**WRAP IT UP** | Bishopsgate & London Wall | Delivery: Yes

Lamb & Chicken Kofta, Salad or Hot Pot  
Peri Peri Chicken, Salad or Hot Pot  
Southern Fried chicken, Salad or Hot Pot  
Fajita Chicken, Salad or Hot Pot  
Peppers & Onions, Salad or Hot Pot  
Pulled Beef Brisket, Salad or Hot Pot  
Tandoori Chicken, Salad or Hot Pot  
Chicken Curry, Salad or Hot Pot  
Lamb Curry, Salad or Hot Pot  
Cheddar Cheese  
Guacamole  
Kachumber Salad  
Tabbouleh

**COCO DI MAMA** | Multiple Locations | Delivery: Yes

Baked Eggs and Ham  
Baked Eggs and Veg  
Avocado Pesto and Egg  
Bambino Tomato and Basil Soup  
Bambino Vegan Minestrone Soup  
Bambino Chicken Chorizo and Orzo Soup  
Broccoli and Blue Soup  
Bambino Lobster Bisque Soup  
Charged up Chicken Caesar Salad  
Rockin' Rocket Pot  
Cheeky Caprese Pot  
Mega Omega Pot  
Pesto and Yoghurt Dressing

Caesar Dressing  
Balsamic and Olive Oil Dressing  
Pomegranate and Beetroot Balsamic Dressing  
Smoky Fire-roast Tomato Dressing  
Chicken Pesto Fit Bowl  
Hey Pesto Chicken Pot  
Chick and the Avo Half Salad  
Omega-3 Salmon Fit Bowl

**TOSSED** | Coleman Street Guildhall | Delivery: No (Click & Collect only)

Asian Super Salad  
Parmesan Chicken  
Superfood Salad  
Halloumi and Roasted Veg  
Chicken, Bacon and Avocado  
Muscle Builder  
Chipotle  
Greek  
Just Eggs  
Better Breakfast  
39g Gym Junkie  
Omega Salmon  
Fiery Eggs  
Vegan Mexican  
Salmon and Chunky Avocado  
Halloumi and Chunky Avocado  
Chicken and Egg Whites  
Chicken and Piri Piri

**FARMER J** | 107 Leadenhall St | Delivery: Yes

Steak and Eggs Bowl  
Salmon, Avo' and Egg Pot

**Field Trays: Bases:** Cauliflower Freekeh, Spinach, **Mains:** Grilled Chicken and Green

Tahini, Grilled Harissa Chicken, Big Spicy Turkey Balls, Charred Flank Steak, Charred Tofu Steak, Veggie Tray, Salmon Anticucho, Sides: Whole Roasted Cauliflower, Grilled Broccoli, Chilli Ginger Sprouts, Farmer's Salad, Shaved Sprouts and Maple Tofu Salad,

**PURE** | 100 Moorgate | Delivery: No

Super Eggs

Super Eggs with Vine Tomatoes,

Super Eggs with Smoked Salmon

Super Eggs with Avocado

Super Eggs with Bacon

Super Eggs with Sauteed Mushrooms

Super Eggs with goat's Cheese

British Chicken Noodle Soup

Parsnip and Kale Soup

Thai Green Lentil Soup

Chicken Caesar Salad

Celebrity Skin Salad

Super Protein Box

**THE SALAD FACTORY** | Worship st | Delivery: Yes

Here you build your own salad from the ground up, choose from any of the following:

Bases:

Rocket Salad Base

Spinach Salad Base

Mixed Leaves Base

Crunchy Leaves Base

Deli ingredients:

Blue cheese

Chicken

Crayfish

Feta

Fresh Cooked Bacon

Mixed Char Grilled Veg

Mozzarella

Mushroom

Parma Ham

Parmesan

Roasted Chicken

Smoked Salmon

Tofu

Tuna

Ingredients:

Avocado

Beetroot

Black Olives

Capers

Carrots

Cherry Tomatoes

Cucumber

Egg

Gherkins

Guacamole with lumps

Jalapenos

Lettuce

Mild Salsa

Mixed Peppers

Monterey Jack Cheese

Red Onion

Sliced Tomatoes

Soya Beans

Spinach

Sun Dried Tomatoes

Garnishes:

Mixed Fresh Herbs

Crushed Chillis

Seed Mix

Dressings:

Balsamic Dressing

Basil

Mayo

Medium Salsa

Olive Oil

Scorchio HOT!!

**WASABI** | Multiple Locations | Delivery: Yes

Salmon sashimi box

Chilli Almonds

Sunomono salad

**NANDO'S** | Spitalfields | Delivery: Yes

Peri Peri nuts

Spicy mixed olives

Flame grilled butterfly chicken breast  
¼ chicken  
½ chicken  
Chicken wings  
3 Chicken wings  
Chicken breast fillet strips  
Whole chicken  
Chicken breast fillet  
Double chicken breast fillet  
Portobello mushroom and halloumi  
Nando's mixed leaf salad  
Roasted whole Portobello mushroom  
Grilled halloumi cheese  
Mediterranean salad  
Caeser salad  
Nandos mixed leaf salad

**LEON** | Multiple Locations | Delivery: Yes

Moroccon Meatballs  
Pork Jambalaya  
Grilled chicken with aioli  
Olives  
Chilli roasted nuts  
Hot grilled chorizo  
Grill halloumi  
Garlic & Chilli broccoli  
Aioli chicken  
Chilli con carne (without rice)

**ITSU** | Multiple Locations | Delivery: Yes

Graze & Dazzle  
Salmon Sashimi & salad  
Sashimi  
Low carb salmon & Tuna tartar

**PRET A MANGER** | Multiple Locations | Delivery: Yes (min £30)

Crayfish Salad  
Chef's Italian Chicken Salad  
No Bread Crayfish & Avocado  
Simple Tuna Salad

**KRUGAR** | Canary Wharf Shopping Centre | Delivery: No

Omlette (with any choice of 2 fillings)  
Crayfish & Tiger prawn salad  
Crayfish salad  
Marinated Feta & olive salad

Chicken breast & Beetroot salad

**TESCO** | Multiple Locations | Delivery: No

Hot Chicken (any cut)

Cooked Prawns & a small seafood sauce

Almonds 100g

walnuts 100g

Cashews 100g

Macademias 100g

Pistachios 100g

Pine Nuts 100g

Any mixed bag of nuts

Asparegus tips

Brocoli

Any Hard Cheese

Olives

Any cured meats

Any Mixed Salad

Sugar free jelly

**MARKS & SPENCER** | Multiple Locations | Delivery: No

Any cooked Salmon

Roast chicken breast

Any cooked prawns flavoured or non flavoured

Parma Ham

Prosciutto

Salami or any cured meat

Any sliced cooked meat

Any prepared salad that doesn't include pasta

Broccoli

Asparagus

Tenderstem Broccoli

Pine Nuts

Cashew Nuts

Pistachios

Almonds

Walnuts

Any mixed bag of nuts

Any mini hard cheese selection

Pimiento stuffed olives

Manzana olives with garlic

Greek olives with feta

**MOSHI MOSHI** | Upper Level Liverpool Street station | Delivery: No

Sashimi Platter

Liver & Bacon Yakitori  
Agedashi Tofu  
Daily Catch from Cornwall  
Wild Alaskan Salmon Teryaki  
Cornish kabayaki  
Japanese wafu  
Chilli carrot & daikon  
Renkon lotus root with chicken skin  
Seabass sashimi salad

**THE SAVANNA** | Liverpool street station | Delivery: No

Billtong (any flavour)  
Boerewors (any flavours)  
Droewors (any flavour)

**POD** | Multiple Locations | Delivery: No

Superfood Free range scrambled eggs (make sure you ask for it without toast)

Superfood salad  
Protein Box  
Detox boxes:  
Chicken Endamame  
Salmon Avocado  
Nori wraps:  
Smoked Salmon  
Chicken wrap

**ALL BAR ONE** | City Road | Delivery: No

Gammon & Eggs  
Marinated Halloumi salad  
Chicken & Chorizo salad  
Wasabi Salmon & Tiger prawn salad (don't eat the Mango)  
Sesame Tempura Chicken fillet  
Beef & Coriander Meatballs  
Tiger prawns and chorizo salad  
Harissa Lamb Koftas  
Any steak (swap the chips for the house salad)  
Sautéed Spinach

**GAUCHO** | Broodgate Square | Delivery: No

Starters

Ecuadorian  
Salmon  
Ground beef & olive  
Ham & Galbani Mozzarella  
Pan fried squid

Grilled palmito and shrimp salad  
Chicken liver salad  
Chorizo sausage

### Mains

Any choice of steak  
Gran Parrillada  
Fillet of stone bass  
Lomo Milanese

### Sides

Spinach with garlic and lemon  
Sauteed leeks, goats cheese and lardons  
sauteed selection of field mushrooms  
mixed leaf salad  
Tomato salad

**EAT** | Multiple Locations | Delivery: Yes

Old fashioned Chicken & Noodle soup (Small)  
Prawn Cocktail side salad  
Free Range Egg and Spinach  
Scottish Smoked Salmon and Free Range Egg  
Smoked Mackerel and Turmeric  
Chicken and Avocado Salad  
Ham Hock and Free Range Egg  
Omega Poached Eggs and Spinach

Here is a downloadable version so that you can keep it in your draw at work, no excuses!

Lunch time cheat sheet 3.0