



**THE
SALAD
PROJECT™**



Order Online – www.thesaladproject.gr

Delivery - Take Away

ATHENS: 210.92.41.402
A. Syggrou 13, Mon. – Fri.: 09:00 – 18:00

PIRAEUS: 210.41.39.808
53 Filonos, Mon. – Fri.: 09:00 – 17:00

HEALTHY BUSINESS CATERING

We undertake catering for corporate events. Special menu and prices!

Your Food is green



Limited Edition Salads

-  **Fresh Berries** €8,50
 Baby mix greens, strawberries, manouri cheese, onions, crouton, walnuts, plums, fresh mint and Balsamic dressing.
-  **Fish me A Salad** €8,90
 Beluga lentils, white and red quinoa, valeriana, smoked trout, tomato, fresh onion, lemon zest, dill, parsley and Lemon Vinaigrette.
-  **Ntakos with a Twist** €8,50
 Cretan oil nuts, tomato, feta cheese, colored peppers, fresh oregano and extra virgin olive oil.

Vegan Salads







-  **Vegan Crusted "Chicken"** €10,90
 Iceberg, vegan nuggets, fresh orange slices, almonds, dried cranberries, roasted sesame seeds and Mustard Vinaigrette with agave syrup.
-  **VeganLicious** €8,90
 Bio Red and white quinoa, chickpeas, avocado, onions, roasted almonds, homemade croutons, baby spinach and our own unique Vegan Caesar's dressing.
-  **Vegan "Chicken" Guacamole** ... €11,50
 Iceberg, vegan nuggets, fresh orange slices, almonds, dried cranberries, roasted sesame seeds and Mustard Vinaigrette with agave syrup.
-  **Vegan Caesar's** €11,50
 Iceberg, vegan "chicken" nuggets, vegan "parmesan", corn, tortilla croutons and Vegan Caesar's Sauce.

Φυτικό «κοτόπουλο» πανέ: Beyond meat

Your Medicine!

Healthy Desserts

Vegetarian, without: sugar, eggs, dairy

-  **Chocolate Tart** €3,90
Almonds, royal dates, coconut cream, cocoa, coconut sugar, dark chocolate.
-  **Banoffee Tart** €3,90
Almonds, royal dates, oats, coconut cream, coconut sugar, banana, lemon, coconut oil, soy lecithin.
-  **Brownie** €3,90
Walnuts, dates, almond flour, honey, espresso, cocoa, coconut cream, black chocolate.
-  **Strawberry** €2,60
Coconut flour, honey, almonds, strawberry chocolate.
-  **Almond Butter - Chocolate** €2,60
Almond butter, almonds, coconut flour, honey and dark chocolate.
-  **Peanut Butter Caramel** €2,60
Coconut flour, honey, peanuts, caramel chocolate.

Oat Biscuits (8pcs)

With natural sugars and whole grain peanut butter.

- Apple - Cinamon (300g)** €3,90
- Peanut Butter - Strawberry (300g)** €3,90
- Matcha Tea - Chocolate (300g)** €3,90



Chef Designed Salads

Pasta Salads

Crispy Chicken Pasta €9,50

Whole wheat penne, chicken nuggets fillet, baby spinach, cherry tomatoes, feta cheese, scallions and Yogurt dressing with Kefir.

Balance €8,50

Whole wheat penne, grilled chicken fillet, cucumber, graviera flakes, white, roasted sesame seeds and Honey Mustard Vinaigrette.


Pasta & Chicken €7,90

Penne, grilled chicken fillet, corn, carrot, grated parmesan and our very own Caesar's Sauce.

If you choose Whole Wheat Penne + €0,90

Vegetarian / Pescatarian Salads

Garden Fresh €8,80

 White and red quinoa, roasted vegetables, feta flakes, pomegranate, tortilla croutons, aromatic mint and Balsamic dressing.

Salmon Eat Is €10,90

Lettuce, whole grain penne smoked salmon, cucumber, colored peppers, fresh onion, flaxseed, dill, lemon zest and Honey-Lime dressing.

Earthy Garden €8,80

Beluga lentils, baby arugula, roasted sweet potatoes, feta flakes, pomegranate, dry onion, chilli pepper and Balsamic dressing.

Beluga Lentil with Vegetable €6,50

Beluga lentils, cucumber, colored peppers, parsley, dry onion and Lemon Vinaigrette.

Suggestion: Add Feta + €2,00

Whole wheat bagetini + €0,60

Signature Salads

Caesar's By The Salad Project... €8,50

Iceberg, grilled chicken fillet, corn, tortilla croutons, parmesan flakes and our own Caesar's Sauce.

Parmesan Crusted Chicken..... €8,90

Iceberg, chicken nuggets fillet, fresh orange slices, almonds, dried cranberries, roasted sesame seeds and Honey and Mustard Vinaigrette.

#Lunchtime €10,90

Baby mixed greens, veal pikanha, ricotta cheese, cherry tomatoes, homemade croutons, fresh basil, red onion, roasted white sesame seeds, balsamic vinaigrette.

Shrimply Delicious..... €12,90


Basmati rice flavored with coconut oil and lemon, shrimp, avocado, mango, cucumber, cashews, black sesame, mint, spring onion and Honey - Lime dressing.

Buddha Bowls

Muscle Building €8,90

Iceberg, whole wheat penne, grilled chicken fillet, double egg white, corn, red and white quinoa, flaxseed, sunflower seed, and Yogurt dressing with Kefir.

No Meat Here €8,50

 Basmati rice, porto bello mushrooms, carrot, red cabbage, edamame beans, corn, red chilli peppers, chives and Asian sesame dressing.

Chicken Guacamole €9,90

Basmati rice, grilled chicken breast, avocado, cilantro, corn, tomato, dry onion, white roasted sesame, chilli peppers and lemon vinaigrette.



Vegetarian



Vegan



Pescatarian



Spicy



Warm



New Product



Dairy Free



Gluten Free



Superfood

Make Your Own Salad

Step 1

Salad Base + 3 standard topping

Lettuce	€5 ^{.90}
Iceberg	€5 ^{.90}
Penne	€5 ^{.90}
Beluga Lentils	€5 ^{.90}
Basmati Rice	€5 ^{.90}
The Salad Project Mix	€6 ^{.50}
(Green vegetables mix)	
Whole Wheat Penne	€6 ^{.50}
Quinoa	€6 ^{.50}
Baby Spinach	€6 ^{.50}

Step 3

Premium ingredients

PROTEIN & MEAT

Pinanha Veal	€3 ^{.90}
Grilled Chicken	€2 ^{.90}
Chicken nuggets	€3 ^{.50}
Smoked Turkey	€2 ^{.00}

SEAFOOD

Tuna	€3 ^{.50}
Shrimps	€3 ^{.50}
Smoked Salmon	€3 ^{.50}

NUTS

Cranberries	€1 ^{.00}
Almonds	€1 ^{.00}
Walnuts	€1 ^{.00}

FRUIT & VEGETABLES

Avocado	€1 ^{.50}
Cherry Tomatoes	€1 ^{.50}
Porto bello Mushroom	€2 ^{.00}
Strawberry	€1 ^{.50}

CHEESE

Milner	€2 ^{.20}
Parmesan	€2 ^{.20}
Feta	€2 ^{.20}
Graviera	€2 ^{.20}
Cream Cheese	€2 ^{.20}

SUPERFOODS

Quinoa	€1 ^{.00}
Flaxseed	€1 ^{.00}
Chia Seeds	€1 ^{.00}

Step 2

3 free ingredients (extra ingredient +0.60€)

Cucumber	White Cabbage
Egg whites	Red Cabbage
Egg	Tomato
Basmati Rice	Ντομάτα
Olives	Penne
Καρότο	Whole Wheat Penne
Corn	Green Apple
Onion	Bell Peppers
Lettuce	Orange
Broccoli	Chickpeas
Spring Onions	Baby Spinach
Crouton	Beluga Lentils

Step 4


The Salad Project Dressing

Caesar's

Yogurt with Kefir
Honey Mustard
Mustard with herbs
 Yogurt with Sriracha
Lemon Vinaigrette
Honey Vinaigrette
Olive Oil-Vinegar
Balsamic

Choose Premium Dressing (+ €0.90)

Avocado Lemon

Asian Sesame
Extra Virgin Olive Oil
Vegan Caesar's
 Vegan Sriracha

Extra Dressing + €0,90


Healthy Living

The Breakfast Project


Energy Bowls

#nosugar


 **Strawberry Oats** €4,90

 Almond milk, oats, honey, yogurt, chia, sea salt.
Toppings: strawberries, peanut butter and sugar-free strawberry jam.

 **Choco Oats** €4,90

 Almond milk, oats, honey, cacao, yogurt, chia, sea salt. Toppings: Almonds, banana, dark chocolate.

 **Peanut Butter Oats** €4,90

 Almond milk, oats, honey, cacao, yogurt, peanut butter, chia, sea salt. Toppings: Banana, peanuts, dark chocolate, peanut butter.

 **Greek Yogurt with Fruits** €3,90

Fresh fruits almonds and honey.

Vegan Suggestion: Replace honey with agave syrup + €0,50.

 **Greek Yogurt with Oats** €3,90

Crispy cereal bites with wholemeal oats, dark chocolate and honey.

Add: vanilla or chocolate whey protein scoop + €1,90

 **Fresh Fruit Salad** €3,90

With fresh seasonal fruits

Omelets

Available until 13:00

 **Fitness Boost** €6,90

Omelet with spinach, turkey, feta cheese, mint, oats and flax seeds.

 **Morning Boost** €6,50

Omelet with turkey, milner, colored peppers and corn.

* Only Egg Whites + €1,00

** Accompanied with Whole wheat bagettini or croutons.

Wrap Meals

Multigrain Tortilla

Turkey €5,50

Smoked turkey, low fat yellow cheese, iceberg, tomato and Caesar's sauce.

Chicken €6,50

Grilled chicken breast, cucumber, feta cheese and yogurt dressing with kefir.

Caesar's €6,50

Grilled chicken breast, lettuce, corn, crouton tortillas, parmesan flakes and Caesar's sauce.

 **Only Nature** €7,50

Baby spinach, Porto bello mushrooms, red cabbage, quinoa, tomato, manouri cheese, avocado, balsamic dressing.

Toast & More

Toast €2,60

Whole wheat bread, low-fat double cheese.

Old School €4,50

Bagel brioche, smoked turkey, low-fat yellow cheese, tomato, french salad, Caesar's dressing.

Avocado Omelet €4,90

Bagel brioche, avocado cream, omelette, tomato, cream cheese and chives.

Round Bread Roll

 **Round bread roll** €1,00

 **Whole Wheat round bread roll** .. €1,20



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Fresh Juices

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Vitamin C €2⁹⁰
Orange juice.

Pure Bliss (MAPT-IOYN) €3⁵⁰
Orange - sanguine.

Simply Raw €3⁵⁰
Orange, apple, carrot.
Suggestion: Add Ginger + €0,40

Fresh Mint Lemonade €3⁵⁰
Green apple, lemon, mint.

Immunity Booster €4⁹⁰
Orange, apple, carrot, banana, beetroot, berries.

Iron Green €4⁵⁰
Apple, lemon, spinach, kale, banana.

Power Smoothies

Frozen

Energy Booster €4⁹⁰
Vanilla flavored soy milk, strawberries, banana, yogurt, Chia, honey.
Suggestion: Add vanilla or chocolate whey protein 22gr + €1,90

Protein Packed €5⁹⁰
Almond milk, banana, 100% whey protein with chocolate , peanut butter, and honey.

Health Guard €5⁹⁰
Soy milk with vanilla flavor, fresh mango, banana, honey, zest and lemon juice.

Green Machine €5⁵⁰
Banana, pineapple, orange, spinach, chia, mint, lemon.

Vegan Suggestion: Replace honey with agave syrup + €0,50

Soft Drinks

YAMAS Black Tea with Peach Juice & Honey €2⁹⁰

YAMAS Green Tea with Lemon Juice & Honey €2⁹⁰

YAMAS White Tea with Pomegranate Juice & Honey ... €2⁹⁰

Coca Cola | Zero | Light €1⁶⁰

Souroti €1⁹⁰

Lemon Souroti €1⁶⁰

Fanta | Zero €1⁶⁰

Sprite | Zero €1⁶⁰

Natural Mineral Water THEONI 500ml €0⁹⁰
Paper Ecological Packaging

Coffee

taf

Single | Double

Espresso €1⁸⁰ | €2⁰⁰

Cappuccino €2⁰⁰ | €2⁴⁰

Espresso Freddo €2²⁰

Cappuccino Freddo €2⁴⁰

Espresso Macchiato €1⁹⁰ | €2²⁰

Flat White €1⁹⁰ | €2²⁰

Vegan Cappuccino €2³⁰ | €2⁵⁰

Vegan Cappuccino Freddo ... €2⁵⁰

Decaffeine + €0.50

All vegan coffees are made with Almond drink.

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Spring - Summer 2024
contact@thesaladproject.gr



Market Manager: Lekaki Paraskevi

Please inform the company staff of any allergies/intolerances you may have. The prices include all legal charges. Prices may change without notice. The consumer has no obligation to pay if he does not receive the legal document (receipt-invoice).



Don't throw it
away . Recycle it!

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Chef: Alexandros Sarachos

Athens: A. Syggrou 13 Avenue, 117 43 | Piraeus: Filonos 53, 185 35