



SALADS

made fresh in our kitchen

Asian-style brown rice w spring onions, red capsicum, currants, sticky soy dressing and toasted pepitas

Basil pesto penne w grape tomatoes, red capsicum, Spanish onion, baby spinach and semidried tomatoes and crumbled feta

Caprese – sliced ripe tomatoes, fresh mozzarella and fresh basil, w sticky balsamic and olive oil

Chargrilled vegetable platter – asparagus, zucchini, red capsicum, grape tomatoes, rocket and manouri w pomegranate molasses

Cumin roast jap pumpkin, grape tomatoes, red capsicum, Spanish onion, baby spinach w sherry vinegar dressing, crumbled feta and toasted pepitas

Green goddess salad w mixed leaves, fresh herbs, cucumber, spring onions, green capsicum, sliced radish, avocado slices w a zesty caper lime dressing

Israeli pearl couscous w baby spinach, roasted capsicum, grape tomatoes, mint leaves w tangy smoked paprika dressing and toasted almond slivers

Japanese-style soba noodle salad w shredded carrot, edamame, snow peas, mushrooms, and spring onions w toasted sesame dressing

Mediterranean salad – cucumber, cherry tomatoes, red capsicum, kalamata olives, Spanish onion, and feta cubes w red wine vinaigrette

Roasted beetroot and carrots, red quinoa, brown lentils, mint, rocket, feta and mixed toasted seeds

Roasted sweet potato slices, herbed butter beans, rocket, spring onions, w creamy tahini dressing and pumpkin seed crunch

Rustic Tuscan roasted vegetable salad (zucchini, red capsicum, Spanish onion, Roma tomato halves, Swiss brown baby mushrooms and grilled haloumi w balsamic vinaigrette glaze

Sour cream Pontiac potato and chives w crispy bacon and boiled eggs

Sweet potato, chickpeas, quinoa and kale salad w creamy almond butter dressing