

Salads



Fresh from our premises.

- Brown rice, spring onion, capsicum with toasted pepitas, currants and asian soy dressing
- Cherry tomato basil penne pasta
- Chick pea cherry tomato capsicum and baby spinach with basil pesto
- Cumin roast pumpkin, chick pea couscous with toasted pepitas
- Curried rice with fresh red apple, capsicum and spring onions
- Egg and bacon sourcream red potato salad
- Greek slaw (cabbage, spring onions, corn, red capsicum and parsley with vinaigrette dressing)
- Garden salad with balsamic dressing (mixed leaves, cherry tomatoes, cucumber, red capsicum, sliced mushrooms)
- Green salad with walnuts and mustard vinaigrette (mixed leaves, cucumber, avocado, snowpeas, sliced mushrooms, green capsicum, roasted walnuts)
- Israeli pearl couscous w baby spinach, grape tomatoes, roasted capsicum, mint, toasted almond slivers and smoked paprika dressing
- Italian vegetable and mushroom (blanched broccoli & cauliflowerettes, red capsicum and fresh sliced Balsamic mushrooms)
- Lemon harissa couscous with currants and fresh coriander
- Mediterranean (cucumber, cherry tomatoes, red capsicum, feta, black olives, vinaigrette)
- Mediterranean roasted vegetable with basil pesto and crumbled feta (zucchini, spanish onion, roma tomatoes, red capsicum and swiss brown mushrooms)
- Mesclun salad with lemon mustard cream dressing (mixed leaves, avocado and fresh herbs)
- Mint, tomato, feta tabouli
- Red kidney bean, red capsicum and leek
- Spiral pasta, shredded spinach, red capsicum and mushroom
- Sourcream red potato and chives
- Traditional coleslaw
- Turkish burghul sumac salad
- Waldorf (fresh apple, celery with mayonnaise and roasted walnuts)