



Fresh Prepared Salads Price List - Effective September 2018

<u>WD Coleslaw (dry) (GF)</u> <i>Red & Green Cabbage, carrot & freshly chopped parsley.</i>	\$7.04 kg
<u>Coleslaw (dry) (GF)</u> <i>Cabbage, carrot, green capsicum.</i>	\$5.87 kg
<u>Tossed Salad (dry) (GF)</u> <i>Iceberg lettuce, red onion, cucumber, carrot and cherry tomatoes.</i>	\$8.80 kg
<u>Mushroom & Herb (dry)</u> <i>Mushroom, red capsicum & spring onion.</i>	\$13.15 kg

Classic Salad Range – 2.5kg bags

<u>Coleslaw Premium (GF)</u> <i>Shredded cabbage, carrot and spring onion tossed in creamy mayonnaise.</i>	\$18.90 bag
<u>Creamy Pasta</u> <i>Elbow pasta with capsicum, carrot & tasty cheese in a tangy cream dressing.</i>	\$21.00 bag
<u>Seafood Salad</u> <i>Sustainably sourced seafood, celery and parsley in creamy lemon dressing.</i>	\$36.90 bag
<u>Tabouleh</u> <i>Fresh Parsley, cracked wheat, tomato, onion and Middle Eastern spice.</i>	\$32.50 bag
<u>Tomato & Basil Pasta</u> <i>Celery and a duo of capsicum in a tomato basil dressing.</i>	\$21.30 bag
<u>Traditional Potato (GF)</u> <i>Spring onion and parsley in a sour cream and traditional mayonnaise.</i>	\$24.20 bag

Every Day Gourmet - 2.5kg Bags ONLY

<u>Ancient Grain & Feta</u>	\$35.35 bag
<i>Green wheat freekeh, lentils, kale and parsley in a lemon and cumin vinaigrette.</i>	
<u>Beetroot, Carrot & Kale Slaw (GF)</u>	\$35.30 bag
<i>Red and black quinoa, cranberries and coriander in a spiced orange vinaigrette.</i>	
<u>German Potato, Egg & Bacon (GF)</u>	\$30.50 bag
<i>Free range eggs, spring onion and seeded mustard dressing.</i>	
<u>NEW Mediterranean Summer Pasta Salad</u>	\$22.85 bag
<i>Penne pasta with corn, red onion, capsicum and celery in a fresh Tuscan dressing.</i>	
<u>Moroccan Couscous</u> serve warm or cold	\$27.65 bag
<i>Sweet potato, roasted capsicum, red onion and parsley in a Moroccan dressing.</i>	
<u>Spiced Quinoa, Carrot & Chickpea (GF)</u>	\$22.60 bag
<i>Parsley and coriander in a light, mildly spiced dressing.</i>	

Salad Kits – 2kg bags

<u>Greek Salad (GF)</u>	\$33.35 kit
<i>Cherry tomato, cucumber, red onion, Kalamata olives, olive oil vinaigrette and feta.</i>	
<u>NEW Lemon & Herb Cauliflower Rice (GF)</u>	\$33.35 kit
<i>Crumbled raw cauliflower, carrot, capsicum and pumpkin seeds in a yoghurt dressing.</i>	
<u>NEW Pearl Couscous with Pumpkin</u>	\$33.35 kit
<i>Freekeh, red onion, chickpeas, eggplant chutney and baby spinach in a coriander cumin dressing.</i>	
<u>Pesto Pumpkin Pasta</u>	\$33.35 kit
<i>Basil pesto, semi-dried tomato, shredded Parmesan & baby spinach in a whole egg mayonnaise dressing.</i>	
<u>NEW Thai Noodle Salad</u> serve warm or cold	\$33.35 kit
<i>Broccoli stem, carrot, cabbage and crunchy Asian greens in a Thai lime dressing.</i>	

Sliced Onion	\$4.77 kg
Potato Sliced	\$5.77 kg

As a guide we recommend 1kg of salad will serve 5 people
Order by 12 noon day prior