



## Fresh Prepared Salads Price List - Effective September 2018

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

### **Classic Salad Range – 2.5kg bags**

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

### **Every Day Gourmet - 2.5kg Bags ONLY**

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

### **Salad Kits – 2kg bags**

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

Sliced Onion    \$4.77 kg                      *As a guide we recommend 1kg of salad will serve 5 people*  
 Potato Sliced    \$5.77 kg                                      **Order by 12 noon day prior**