

Fresh Prepared Salads Price List - Effective Sept 2017

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| WD Coleslaw (dry) (GF) <i>Red & Green Cabbage, carrot & freshly chopped parsley.</i> | \$6.90 kg |
| Coleslaw (dry) (GF) <i>Cabbage, carrot, green capsicum.</i> | \$5.75 kg |
| Tossed Salad (dry) (GF) <i>Iceberg lettuce, red onion, cucumber, carrot and cherry tomatoes.</i> | \$8.46 kg |
| Mushroom & Herb (dry) <i>Mushroom, red capsicum & spring onion</i> | \$10.45 kg |

Classic Salad Range – 2.5kg bags

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| Coleslaw Premium (GF) <i>Cabbage, carrot & spring onion tossed in a creamy Mayonnaise.</i> | \$18.53 bag |
| Creamy Pasta <i>Elbow pasta with capsicum, carrot & tasty cheese in a tangy cream dressing.</i> | \$20.60 bag |
| Seafood Salad <i>With celery and parsley in creamy lemon dressing.</i> | \$36.20 bag |
| Traditional Potato (GF) <i>Spring onion and parsley in a sour cream & traditional mayonnaise.</i> | \$23.70 bag |
| Tabouleh <i>Fresh Parsley, cracked wheat, tomato, onion & a Middle Eastern spice mix.</i> | \$32.25 bag |
| Tomato & Basil Pasta <i>Spirals with celery, capsicum in a tomato basil dressing.</i> | \$20.90 bag |

Every Day Gourmet 2.5kg Bags ONLY

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| Ancient Grain & Feta <i>Green wheat freekah, lentils, kale & parsley in a lemon & cumin vinaigrette.</i> | \$34.65 bag |
| Beetroot, Carrot & Kale Slaw (GF) <i>Red & black quinoa, cranberries and coriander in a tangy orange dressing.</i> | \$34.60 bag |
| Curried Potato & Cauliflower | \$34.10 bag |
| <i>Honey roasted Carrot, currants, spring onion and coriander in a classic curry mayonnaise.</i> | |
| German Potato, Egg & Bacon (GF) <i>Spring onion and seeded mustard, whole egg & mayonnaise.</i> | \$29.90 bag |
| Moroccan Couscous serve warm or cold | \$27.10 bag |
| <i>Sweet potato, roast capsicum, red onion and parsley in a Moroccan spiced dressing.</i> | |
| Pumpkin Brown Rice & Seeds (GF) | \$34.60 bag |
| <i>Roasted Pumpkin, red and black quinoa & brown rice with a fresh orange dressing.</i> | |
| NEW Semi-Dried Tomato Pasta Salad | \$25.40 bag |
| <i>Parmesan cheese and baby spinach in a creamy tomato and basil dressing.</i> | |
| NEW Southwest Slaw <i>Crunchy cabbage, bacon and sweetcorn in a smoky whole egg mayonnaise.</i> | \$25.40 bag |
| Spiced Quinoa, Carrot & Chickpea (GF) <i>Parsley & coriander in a light, mildly spiced dressing.</i> | \$22.15 bag |

Salad Kits – 2kg bags

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| Asian Noodle Salad | \$29.10 kit |
| <i>Fine Egg noodle, choy sum and crunchy vegetables in a sesame, soy and ginger dressing.</i> | |
| NEW Coconut Rice & Caramelised Pineapple | \$29.70 kit |
| <i>Broccoli stem and roasted coconut in a yellow Thai curry dressing.</i> | |
| Greek Salad (GF) | \$32.70 kit |
| <i>Mediterranean salad with tangy fetta, cherry tomato, cucumber, red onion & Kalamata olives in a balsamic vinaigrette.</i> | |
| Pesto Pumpkin Pasta | \$32.70 kit |
| <i>Fresh basil pesto, semi-dried tomato & baby spinach in a whole egg mayonnaise dressing.</i> | |
| NEW Soy & Ginger Quinoa with Edamame | \$29.70 kit |
| <i>Spring onion with choy sum in a Japanese-style dressing.</i> | |
| NEW Tuscan Quinoa Salad | \$29.70 kit |
| <i>Feta, lima beans, chickpeas and Kalamata olives in a fresh vinaigrette.</i> | |

Sliced Onion \$4.68 kg
Potato Sliced \$5.66 kg

As a guide we recommend 1kg of salad will serve 5 people

Order by 12 noon day prior

Pricing and range subject to change without notice