



Fresh Prepared Salads Price List

Effective April 2010

Coleslaw (dry) \$5.80 kg

Cabbage, carrot, green capsicum, simply add your own dressing.

Tossed Salad (dry) \$6.80 kg

Iceberg lettuce, red onion, red capsicum, cucumber celery, carrot & tomato wedges.

Mushroom & Herb (dry) \$8.60 kg

Mushroom, red capsicum & spring onion

Sold in 2.5kg bags only

Coleslaw Premium \$12.50 bg

Cabbage, carrot, celery & spring onion in a mayonnaise dressing.

Traditional Potato \$12.25 bg

Potato, parsley, spring onion in a smooth mayonnaise and sour cream dressing.

Potato, Egg & Bacon \$18.20 bg

Diced potato, boiled egg, grilled bacon & parsley in a creamy dressing.

Mustard Seed Potato \$16.10 bg

Chunky cut skin on potato & bacon with spring onion in a creamy seeded mustard dressing

Bombay Pineapple Rice \$12.60 bg

Aromatic rice, carrot, pineapple, sultana, capsicum & spring onion in a mild curry dressing.

Greek Salad (2kg bag only) \$23.00 bg

Mediterranean salad with tangy fetta, cherry tomato, cucumber, red onion & kalamatta olives in a balsamic vinaigrette.

Tuscan Bean \$15.00 bg

Canellini, red kidney & turtle beans, red onion, capsicum & parsley in a tangy dressing.

Seafood/Shrimp Salad \$24.80 bg

A mix of seafood, celery and parsley in a tasty creamy dressing with a hint of mustard.

Creamy Pasta \$13.65 bg

A rich creamy dressing coating elbow pasta with speckles of celery, carrot, capsicum & tasty cheese.

Cheese & Bacon Pasta \$18.10 bg

Cheese and bacon mixed with spiral pasta with a touch of corn in a smoky flavoured dressing.

Macaroni Pasta \$14.70 bg

Pasta spirals with a hint of spring onion in a tomato mayonnaise dressing.

Thousand Island Pasta \$16.70 bg

Pasta shells, celery & capsicum & red onion in a smooth tangy thousand island dressing.

Fruit Salad (fine cut) \$20.15 bg

Watermelon, rockmelon, pineapple & honeydew.

Fruit Salad (chunky) \$19.30 bg

Watermelon, rockmelon, pineapple & honeydew.

Low Fat Salads

Tabouleh (96% Fat Free) \$20.15 bg

Cracked wheat, parsley, tomato & red onion in a Middle Eastern Lemon Dressing.

Lite Pasta \$14.60 bg

Spiral pasta, celery, red kidney beans, red onion, corn & spring onion in a creamy low fat dressing.

Lite Coleslaw \$13.15 bg

Traditional fresh crunchy coleslaw mix in a low fat mayonnaise.

These salads may be heated

Moroccan Couscous \$20.25 bg

Couscous with sweet potato, roast capsicum and parsley in a Moroccan style dressing.

Thai Noodle \$20.85 bg

Thai noodles sprinkled with fresh coriander & spring onion in a Pad Thai sauce.

Pesto Chicken \$22.00 bg

Penne pasta with chargrilled chicken, capsicum, spinach & parmesan cheese in a pesto dressing.

Vegetable Pilaf \$20.25 bg

Basmati rice, chickpeas, pumpkin, currants and coriander in a mildly spiced dressing.

Freekeh & Roast Vegetable \$16.40 bg

Greenwheat Freekeh, roasted pumpkin, eggplant, Spanish onion with fresh garlic in a classic vinaigrette.

Italian Chicken and Potato \$18.65 bg

Scalloped potato, zucchini, roasted Spanish onion, chicken, olives & parsley in a capsicum & tomato dressing

Pumpkin Ravioli \$19.50

Pumpkin & ricotta ravioli, roasted pumpkin cubes, fresh parsley & shredded parmesan in a delicate tomato dressing

Please place your orders before 12 noon day prior to pickup or delivery

As a guide we recommend the following:

1kg feeds approx 5 people (SALAD)

1kg feeds approx 10 people (FRUIT SALAD)

All salads will keep for 3-4 days under correct refrigeration