



Fresh Prepared Salads Price List

Effective October 2011

Coleslaw (dry) \$5.80 kg

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

Tossed Salad (dry) \$6.80 kg

Iceberg lettuce, red onion, cucumber, carrot and Cherry Tomatoes.

Mushroom & Herb (dry) \$8.60 kg

Mushroom, red capsicum & spring onion

Sold in 2.5kg bags only

Coleslaw Premium \$13.75 bg

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

Traditional Potato \$14.30 bg

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

Potato, Egg & Bacon \$19.70 bg

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

Mustard Seed Potato \$18.80 bg

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

Bombay Pineapple Rice \$14.90 bg

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

Bean Medley & Corn \$15.35 bg

Lima, red kidney & turtle Beans with capsicum celery, red onion & corn in a tomato vinaigrette dressing.

Lentil & Chickpea \$16.65 bg

A nutritious blend including lentils, chickpeas, couscous and greenwheat freekah, together with fresh Tomato, herbs & spices in a tangy vinaigrette.

Seafood/Shrimp Salad \$27.00 bg

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

Creamy Pasta \$15.25 bg

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

Thousand Island Pasta \$17.90 bg

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

Fruit Salad \$23.10 bg

Watermelon, rockmelon, pineapple & honeydew

Greek Salad (2kg bag only) \$24.50 bg

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

***** 1.5kg bags*****

Italian Shell Pasta & Chorizo Salad \$14.95 bg

Artisan pasta shells, grilled chorizo, tomato, green peppers & herbs in a pesto vinaigrette

Lentil, Feta & Pumpkin Salad \$13.25 bg

Lentils, roast pumpkin, pumpkin seeds, green beans and feta with a french mustard vinaigrette

Roast Vegetable Medley \$14.70 bg

Chunky mix of carrots, cocktail potato, red onion, red peppers & parsley in a red wine vinaigrette

Pesto Chicken Pasta \$15.25 bg

Pasta, Chicken, roasted Red Capsicum, parsley & spring onion in a creamy dressing.

Low Fat Salads

Tabouleh (96% Fat Free) \$22.25 bg

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

Light Pasta \$16.20 bg

Spiral pasta, celery, capsicum, spring onion & parsley in a tomato vinaigrette dressing

These salads may be heated (2.5kg)

Moroccan Couscous \$20.25 bg

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

Thai Noodle \$22.15 bg

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

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