



Salads

Mango, Avocado, Crispy Noodle Salad

With cherry tomatoes, cucumber, cashews, crispy noodles, mesclun, and a sweet chilli and lemon dressing

Roasted Golden Kumara and Blue Cheese Salad (GF)

With crispy bacon, long beans, baby spinach, almonds, balsamic dressing

Beetroot, Orange and Feta (GF)

With green beans, rocket, walnuts, balsamic dressing

Greek Salad (GF)

With feta, cucumber, tomatoes, marinated olives, red onion, balsamic dressing

Caprese Salad (GF)

Bocconcini, tomato, fresh basil, lemon zest, chilli, olive oil

Caramelised Roasted Root Vegetables (GF)

Carrots, parsnips, beetroot, golden kumara, with fresh herbs

Assorted Roasted Seasonal Vegetables (GF)

With fresh herbs

Caesar Salad

Baby cos lettuce, croutons, egg, crispy bacon, parmesan, creamy Caesar dressing

Garden Salad (GF)

With avocado, cucumber, cherry tomatoes, mesclun, balsamic vinaigrette dressing

Rocket, Walnut, and Pear Salad (GF)

With balsamic dressing

Israeli Couscous

With rocket, almonds, assorted roasted vegetables, mint, coriander, olive oil

Orzo Pasta

With roasted assorted vegetables, feta, baby spinach, sundried tomato pesto

Raw Salad (GF)

Grated beetroot, grated carrot, cranberries, sunflower/pumpkin seeds, mint, orange juice, balsamic dressing

Potato Salad (GF)

With celery, egg, spring onion, mayonnaise

Japanese Coleslaw (GF)

Red / white cabbage, celery, carrots, red onion, toasted sesame dressing

Price - Small \$6.00 | Medium \$8.00 | Large \$10.00

(Prices exclude GST)