



Potato & Wholegrain Mustard

Steamed potatoes with wholegrain mustard, sliced celery, red capsicum, shallots, red onions and fresh mayonnaise.







#### **Italian Pasta Salad**

Spiral pasta, red and green sliced capsicum, shallots, shredded carrot, olives and tomatoes, blended with a subtle vinaigrette.



## **Creamy Potato Salad**

Our very own potato salad, mixed with shallots, parsley, sour cream, mustard and our tasty mayonnaise. Excellent alone, with BBQ and grills.



#### **Bush Tucker**

Our very own unique Bush Tucker. The best Aussie style salad by far! A must try for those who love potato, sweet potato. shallots, mustard seed and a rich tasty dressing. Perfect to go with any BBQ lunch or dinner.



## **Antipasto Salad**

A delicious penne pasta with sundried tomato and roasted eggplant, tossed into a tomato pesto mix with crumbled feta cheese then added to further enhance the flavour.



#### **Penne Pesto**

Simple yet tasty salad. Penne pasta, fresh red capsicum, red onion and a zesty pesto, creating a wonderful blend of flavours.



#### Potato, Egg & Bacon

True country salad of potatoes, bacon, hard boiled egg, fresh chives, fine diced red capsicum, parsley and mayonnaise



#### **Roast Sweet Potato**

A blend of traditional and exotic flavours. Oven roasted sweet potatoes, red onion. capsicum, chopped parsley, poppy seeds and delicious dressing of seeded mustard oil, garlic and vinegar.



### **Creamy Elbow Pasta**

Elbow pasta mixed together with celery, carrot, capsicum, sour cream and our very own fresh mayonnaise to make this appealing salad.



#### **Creamy Shell Pasta**

Shell pasta mixed together with celery, carrot, capsicum, sour cream and our very own fresh mayonnaise.



## **Coleslaw Diced**

Fresh diced cabbage, carrot and red onion, blended with a creamy mayonnaise dressing to make this a constant family favourite.



# Gourmet Salad



#### Corn Salad

Traditional corn salad with red onion, celery, shallots, red capsicum, blended with vinaigrette.



## **Dry Slaw**

Fresh shredded cabbage, carrot, green sliced capsicum and red onion all ready for you to add your favourite mayonnaise dressing and serve.



## **Asian Stir Fry Mix**

A mix of fresh broccoli, cauliflower, carrot, red and green capsicum all ready for you to toss together with your favourite sauce, fry and enjoy



#### **Curried Rice**

Blend of rice, freshly sliced red and green capsicum, celery, corn, peas, red onions, shallots & curry creating that extra flavour. Serve Hot or Cold



#### **Traditional Coleslaw**

Finely shredded cabbage, carrot and red onions blended with fresh mayonnaise dressing.



#### Chicken Basil Pasta

Lovely selection of pasta, our own mayonnaise mixed with onion and spinach with chicken pieces.



## **Egg Salad**

Combination of egg, red capsicum, crisp celery and fresh parsley, topped with mayonnaise for pure taste satisfaction.



























































#### Four Bean Salad

Made up of small red kidney beans, butter beans, chickpeas and great northern beans. All combined with diced celery, red onion, capsicum and chopped parsley before being dressed with a French provincial dressing



#### **Garden Salad**

Combination of fresh lettuce, red onions, juicy tomatoes, crispy cucumber, julienne capsicums & carrot, tossed with a balsamic vinegar dressing.



#### **Greek Salad**

Juicy tomatoes, crisp cucumber, sliced red onion, red pepper, cubed feta cheese and plump Kalamata olives, tossed with a beautiful dressing of oil, vinegar and



## Middle East Pumpkin & Quinoa

Our most unique and ultimately satisfying mixture of ingredients in one salad. It has pumpkin, quinoa, capsicum, herbs and dressing that will leave you wanting more.



## **Fried Rice**

Blend of rice, freshly sliced red and green capsicum, celery, corn, peas, red onions and shallots, Garlic & Soy sauce. Can be eaten hot or cold.



#### Roast Pumpkin, Chickpea & Ouinoa Salad

Oven roasted pumpkin, chickpeas and coriander tossed through a light and fluffy quinoa mix with a zesty lemon vinaigrette.



#### **Roast Pumpkin &** Cous Cous Salad

Oven roasted pumpkin with the addition of cous cous, mint, red capsicum, shallots and vinaigrette for a fresh Middle Eastern taste.



#### **Savoury Rice**

Subtle blend of rice, freshly sliced capsicum, celery, corn, peas, red onions, shallots, & fresh mayonnaise, creating a perfect blend of flavour and colour. Serve Hot or Cold.



#### Seafood Salad

Fresh shrimp, shallots and seafood salad mix with fresh mayonnaise.



#### **Sweet Chilli Noodle**

Sweet chilli sauce teased through an Asian vegetable mix combined with Hokkien noodles - can be served hot or cold.



#### **Creamy Sundried Tomato** Pasta

Combination of pasta, vinegar dressing, parmesan cheese, basil pesto paste, sundried tomatoes and shallots.



#### **Tabbouleh**

Well known Middle Eastern salad. Mixture of bourghal, tomatoes, parsley, mint, shallots, & lemon juice, tossed with olive oil. Perfect in wraps, & with bbq & grills.



## **Vegetable Stir Fry Mix**

A fresh mix of brown onion, carrot, celery, zucchini and broccoli stem all ready for you to add your favourite sauce, fry and enjoy



#### **Chicken Penne Pesto Pasta**

Combining chicken strips, penne pasta, fresh capsicum, red onion and a zesety pesto dressing to make a deliciou salad.



## Desserts §



#### **Chocolate Mousse**

A rich chocolate dessert that makes for a great healthy treat. It is gluten free and has a low GI value -Indulgent - Yet good for you!



#### **Fruit Salad**

A blend of fresh rockmelon, grapes. honeydew and pineapple combined for a refreshing and colourful fruit salad. Perfect any time.



#### Pineapple, Coconut & Marshmallow

A very unusual and refreshing salad. Coconut, pineapple, and marshmallows, combined with sour cream and mandarin for a truly tropical treat. Also a delicious dessert with ice cream.



## **Tropical Fruit Salad**

A blend of 6 seasonal fruits together to make this refreshing tropical salad. Perfect as a dessert with cream/ice cream/custard or by itself.

















