

Salads Menu

These are just some of the salad menu options we provide. They can be served as individually portioned boxes or on platters to share as part of a buffet or luncheon feast. We update our menus sporadically but are trying new things constantly, so please contact us to see if there's something new we would recommend. Should you wish to have more gluten or dairy free options just ask, we can give you quite a few more to choose from.

Minimum order for individually boxed portions (6).

All items are subject to seasonal availability.

Legend: v-vegetarian; d-dairy free; gf-gluten free

** denotes item can be adjusted to be gluten or dairy free as noted. Please notify us if any guests are allergic as opposed to intolerant.*

♥ Salads

Vegetarian

- **Avocado, green bean almond & goats cheese salad (gf)**
Green beans & rocket with avocado, toasted flaked almonds, basil and goats cheese dressed with lime juice and EVO oil.
- **Eggplant & cucumber & quinoa salad with lemon tahini dressing (df gf veg)**
Roasted eggplant, chickpeas, cucumber, cherry tomatoes, scallions and quinoa with a lemony tahini dressing.
- **Red papaya salad with haloumi (gf)**
Red papaya, cucumber, bean shoots, toasted almond, butter lettuce & mint with pan fried haloumi.
- **Pomegranate, rocket & fetta salad with sesame oil dressing (gf)**
Rocket & baby spinach, pomegranate arils, toasted almonds and marinated fetta with a sesame oil & EVOO dressing.
- **Fattoush salad with yoghurt tahini dressing**
Radish, tomato, cucumber, onion, coriander & parsley salad with toasted Lebanese bread croutons & a tahini yoghurt dressing.
- **Classic Greek salad (gf)**
Tomato, cucumber, red onion and kalamata olives with oregano and fetta.
- **Butter lettuce, cherry tomato, avocado & Jalapeno salad (gf veg)**
Butter lettuce with fresh cherry tomatoes, avocado pickled jalapenos dressing with EVOO
- **Roast sweet potato quinoa black bean salad (veg)**
Roasted sweet potato with quinoa, capsicum, black beans, avocado, pepita, coriander with a lime & maple syrup dressing.
- **Za'atar roasted broccoli & cauliflowers salad (veg)**
Za'atar spiced roasted cauliflower & broccoli florets, with couscous, medjool dates, chickpeas, pinenuts lemon & parsley.
- **Quinoa, roasted fennel & pomegranate tabouli (gf veg)**
Quinoa with maple roasted fennel, basil, pomegranate & kale with a pomegranate molasses dressing.
- **Roasted eggplant & chickpea salad with green tahini dressing (gf veg)**
Roasted eggplant wedges with roasted cherry tomatoes, spiced chickpeas, almonds and herb infused tahini dressing.
- **Moroccan Spiced Pumpkin & Feta Salad (v gf)**

Cumin & coriander spiced roast butternut pumpkin, marinated feta, pine nuts & arugula with a honey & mustard vinaigrette.

- **Fetta, Tomato & Chickpea Salad (v gf)**

Marinated feta, tomato, chickpeas in a lemon & basil vinaigrette.

- **Avocado & Moroccan Roast Baby Carrot Salad (v, gf)**

Thyme, chilli & cumin roasted carrots, arugula, toasted pepita, sunflower & sesame seeds, avocado topped with Greek yoghurt.

- **Roasted Vegetable & Couscous Salad (veg df)**

Roasted fennel, eggplant, butternut pumpkin & zucchini tossed with arugula, fresh red onion & red capsicum in a light balsamic vinaigrette.

- **Roasted Pumpkin, Green Beans, Kale, Almond & Avocado Salad (*veg, gf, df)**

Cumin roasted butternut pumpkin, green beans, avocado, toasted flaked almond & curly kale with a honey & soy dressing.

- **Roasted beetroot with pomegranate, pistachio & labne (*veg, gf)**

Roasted beetroot, rocket, pomegranate arils & pistachio nuts topped with labne & pomegranate dressing.

- **Roasted beetroot & citrus salad with mustard vinaigrette (*veg, gf, df)**

Roasted beetroot, blood orange, fennel, grapefruit, mesclun & pistachio nuts with a mustard vinaigrette.

- **Kale, apple, cranberry radish & pecan with goats cheese (gf)**

Kale, granny smith apple, sliced radish, toasted pecans and cranberries tossed with a honey mustard vinaigrette and scattered with goats cheese.

- **Sun dried tomato, quinoa spinach & almond (veg, gf, df)**

Chopped sun dried tomatoes with baby spinach & toasted almonds tossed through quinoa with a lemon & mustard dressing.

Salads with protein

****many of these can work as a side without the protein so feel free to ask!**

- **Thai Beef & Glass Noodle Salad (gf df)**

Marinated beef strips, carrot, cucumber, red onion, coriander, mesclun, basil & glass noodles with a lime & sweet chilli dressing.

- **Vietnamese Prawn / Chicken salad (gf df)**

Poached chicken breast or prawns, shredded cabbage, carrot, cucumber, coriander, mint with fried shallots & chopped roasted peanuts, spicy nouc cham dressing.

- **Chicken Kebabs with Papaya Salad (gf df)**

Chicken tenderloins with papaya, cucumber, mint, shallots, ginger & chilli salsa, on a bed of butter lettuce with bean sprouts.

- **Smoked Salmon, Avocado & Udon Noodle Salad (df)**

Smoked salmon, snow pea sprouts, avocado & Spanish onion & udon noodles in a lime & wasabi dressing.

- **Pesto Pasta Salad with Salami & Sundried Tomato (*v)**

Penne pasta with hot salami, sun-dried tomato, Kalamata olives, chives & pinenuts with a pesto dressing.

- **Peking Duck Salad**

Roasted hoisin duck, Soba noodles, cucumber, snow pea sprouts & shallots in a Peking dressing.

- **Tortellini & Smoked Salmon Salad**

Cheese & spinach tortellini, smoked salmon mesclun & capers with a dill yoghurt dressing.

- **Sesame Chicken Salad with Cucumber Noodles (gf df)**

Shredded roasted chicken, cos lettuce, Chinese cabbage, spring onion, coriander, black & white sesame seeds & cucumber noodles with a soy & sesame dressing.

- **Ham & Crisp Roasted Potato Salad (gf)**

Leg ham, roasted chat potatoes, green beans, avocado & mesclun in a balsamic & orange vinaigrette

- **Kipfler potato & chicken with salsa verde (gf df)**

Potato slices with shredded chicken dressed in fresh salsa verde and tossed with rocket, capers, mint & red onion.

- **Lamb & Green Bean Parmesan Salad**

Thinly sliced lamb loin with green beans & watercress in a creamy parmesan dressing.

- **Thai Style Prawn, Mango & Tomato Salad (gf df)**

Prawn, mango, avocado & cherry tomato served on watercress with a Thai dressing & sesame seeds.

- **Potato, Bacon & Avocado Salad (gf)**

Steamed chat potatoes, with crispy bacon lardons, avocado & creamy dressing

- **Classic Caesar Salad with Chicken / Salmon (*gf *v)**

Cos lettuce, croutons, crispy bacon lardons, parmesan & egg with either Poached chicken or smoked salmon & Caesar dressing

- **Carrot & Coconut salad with Chimichurri Chicken (df gf *veg)**

Grated carrot, shredded coconut, almond and currants with pieces of Chimichurri grilled chicken

- **Smoked Chicken, Avocado & Mango salad (df gf)**

Sliced smoked chicken tossed with mesclun, mango, avocado & pine nuts in a mustard vinaigrette

- **Roasted Turkey, Cranberry, Walnut & Goats cheese Salad (df)**

Roasted turkey breast, red onion, cranberries, dried apricot, tossed with arugula, toasted pepita, walnuts & crumbled feta in an apple cider vinaigrette.

- **Chicken waldorf with blue cheese dressing (gf)**

Chicken with a classic celery & apple waldorf salad and a blue cheese dressing.

- **Prosciutto, fig, green bean & goats curd (gf)**

Torn prosciutto, with fresh figs, green beans, mesclun / rocket and toasted walnuts with a balsamic dressing

- **Sesame chicken & mandarin slaw salad (gf df)**

Sesame marinated chicken pieces with mandarins, cabbage, carrot, shallot almonds and sesame seeds with a sesame & avocado oil dressing

- **Chicken with quinoa, orange & avocado salad (gf df)**

Chicken, quinoa, orange, avocado, red capsicum, cucumber, & lettuce with a lemon evoo dressing.