NEW RAINBOW SALADS !!!!!!!

VEGETARIAN RAINBOW SALAD $ 3.50
CHICKEN OR TUNA RAINBOW SALADS $4.00
Summer Salad Sensation
(Varied every day)

Eggplant, capsicum, zucchini and feta cheese salad $6.00
Vietnamese chicken salad $6.00

Quiche and Salad $6.00
Arancini and salad $6.00
Coleslaw small $3.00 large $4.00

Pasta salad cups: $4.00
(served in 12oz cups)

Chicken, feta and pea risoni salad
(risoni is a type of pasta, shaped like rice)

Greek risoni salad
(risoni is a type of pasta, shaped like rice)

Feta, apple and spinach pasta salad

Mediterranean chicken pasta salad

Tuna pasta salad
Shopping list for summer sensation

Eggplant, capsicum, zucchini and feta cheese salad
Eggplant, zucchini, capsicum, oil, cumin seeds, mint, feta, balsamic vinegar, croutons

Vietnamese chicken salad
Boiled chicken, Cucumbers, carrots, green/red capsicum, corn, rice vermicelli, coriander, dried shallots, lime juice, fish sauce, red chilli, brown sugar

Coleslaw
Coleslaw already prepared, mayo, sugar, vinegar, pepper, salt, dry mustard

Chicken, feta and pea risoni salad
Chicken, risoni pasta, frozen baby peas, fetta, mint, olive oil, lemon juice

Greek risoni salad
Feta, baby spinach, red onion, pitted Kalamata olives, cucumber, tomatoes, grilled capsicum, pepper, oregano, garlic, lemon juice, oil, salt

Feta, apple and spinach pasta salad
Penne pasta, baby spinach, apples, onions, feta, balsamic, oil

Mediterranean chicken pasta salad
Pasta, chicken, tomatoes, cucumber, capsicum, red onion, basil, parsley, Kalamata olives, olive oil, balsamic vinegar

Tuna pasta salad
Pasta, tuna, pesto, Kalamata olives, tomatoes, olive oil, salt.
WELLNESS BLENDS

AVAILABLE FOR BREAKFAST
Or
PREORDER FOR RECESS

FRUIT&VEGGIE SMOOTHIE 250ml cup
(banana, coconut water, spinach, pear, kale, honey and lemon)

$ 3.50

SUNSHINE BLEND 250ml cup
(banana, coconut water, spinach, orange, carrot, pineapple, strawberry and ginger)

$ 3.50