



Salad Bowls

(Subject to seasonal availability)

Our salads are made with locally grown seasonal produce. We pride ourselves on serving an array of whole foods especially catering for gluten-free, vegetarians, vegans and many more.

These salads are our most popular in our café. The salads are perfect accompany to any platter, catering you may require. Salad bowls serve 15ppl and are \$30.00 each

Bright Bean (GF, DF, V) – butter beans, cherry tomatoes, celery, capsicum, olives, red onion with a vinaigrette dressing

Mexican Bean (GF, DF, V) – Black beans, kidney beans, cannellini, capsicum, red onion & corn with a Mexican salad dressing

4 C's (GF, DF, V) – Shredded carrot, coriander, coconut chips & roasted cashews with a light date dressing

Pumpkin & Kale (GF, DF, V) – Roasted pumpkin, red onion, mushrooms, brown rice, quinoa, cranberries with a zingy vinaigrette dressing

Thai Green Rice (GF, DF, V)– Brown rice, broccoli, capsicum, peas, bamboo, ginger, coconut cream, coconut amino, Thai paste, lemon grass

Pesto Pasta – In-house made basil pesto with macadamia nuts & parmesan cheese, with cherry tomatoes & organic pasta





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Moroccan Salad (DF, V) - Roasted vegetables with Moroccan spices, couscous and spinach

Seedy Slaw (GF, DF, V) – Mixed cabbage, carrot, sunflower, white & black sesame seeds, chia seeds with a light cumin dressing

Coleslaw (GF, DF, V) – Shredded mixed cabbage, carrot, onion with a tangy dressing

Papaya with Nam Jim Dressing (GF, DF) – Shredded green papaya, carrot, chilli & in-house made Nam Jim dressing

Broccoli & Cranberry Mingle (GF, DF) – Broccoli, cranberries, sunflower seeds & red onion in a light mayo dressing

Potato, Sweet Potato, Egg & Bacon – Potato, sweet potato, parsley, bacon & egg in a mustard/mayo dressing

Roasted Vege and Herbed Wild Rice (GF, DF, V) – Roasted seasoned vegetables, wild rice & spinach/kale

Garden Salad (GF, DF, V)– Green leafy mix, julienned vegetables, pepitas & sunflower seeds (not dressed)

Greek Salad – tomato, cucumber, red onion, capsicum, olives, feta cheese in a light Greek dressing

