

# SALADS

## *SPICY KUMARA*

Kumara, red onion, pumpkinseeds, sesame seeds, in a Cajun dressing

## *KUMARA & ORANGE*

Kumara, orange, spring onions in a wholegrain mustard and mayonnaise dressing

## *EGG CURRY*

Halved eggs in a curry and mayonnaise dressing

## *EGG AND BACON*

Twist pasta, egg, bacon pieces, parsley, in a mayonnaise dressing

## *SWEET 'N'SOUR PASTA*

Twist pasta, chunky pineapple, celery, peppers, baby corn, courgettes in a Sweet 'n' Sour dressing

## *SATAY PASTA*

Pasta spirals, baby corn, onion, celery, pumpkin seeds, roasted peanuts, in a mayonnaise satay dressing

## *CHEESE PASTA*

Pasta, cheese, corn, peppers, onion, bacon pieces, parsley, pineapple in a mayonnaise dressing

## *PASTA ITALIANO*

Spiral pasta, sliced celery, salami strips, red capsicum in a bean and paprika dressing

## *SEAFOOD PASTA*

Pasta seashells, shrimps, crab meat, salmon, tomato paste, in a parsley, lemon juice and Tabasco sauce dressing

## *SMOKED CHICKEN PASTA*

Pasta spiral, smoked chicken, apricots, red capsicum, spring onion, in a vinaigrette, honey, orange juice dressing

### *SALAMI & PENE*

Pene pasta, dried tomato, capsicum, onion, black olives, with an Italian dressing

### *CHICKEN AND MANGO PENE*

Pene pasta, mango, chicken, celery, spring onion, capsicum in a mayonnaise, garlic, curry powder, garlic, dressing

### *TABOULEH*

Bulghar wheat, spring onion, tomato, cucumber, parsley, flavored with mint, olive oil and lemon juice

### *MUSHROOM*

Mushrooms, onion, red pepper, in tangy marinade

### *WALDORF*

Diced apple, celery, walnuts in a ginger mayonnaise

### *POTATO AND SOUR CREAM*

Potato, onion, sour cream, chives, spring onion, garlic, in a mayonnaise dressing

### *POTATO AND HAM*

Potato, ham, spring onion, black pepper, in wholegrain mustard and mayonnaise dressing

### *POTATO, HAM AND EGG*

Potato, ham, egg, spring onion, parsley and seasoning in a dijonnaise dressing

### *POTATO*

Potato, celery, green and red capsicum, spring onion, parsley in mayonnaise dressing

### *INDIAN RICE*

Rice, diced cucumber, celery, peanuts, sultanas, parsley, in a curry dressing

### *GOLDEN RICE*

Rice, carrot, celery, red onion, red capsicum, spring onion in a curry and turmeric dressing

### *COLESAW*

Cabbage, carrot, celery, in mayonnaise dressing

### *TOSSED LETTUCE*

Lettuce garnished with a selection of fresh garden vegetables

***MESCLUN TOSSED***

A blend of spinach, mustard, rocket, lettuce, red pepper, carrot, spring onion

***BEETROOT***

Whole baby beetroot

***MEDITERRANEAN VEGETABLE***

Broccoli, courgettes, pepper, carrots, cauliflower, celery in a garlic dressing

***BEAN SALAD***

Green beans, red kidney beans, large and small haricot beans, julienne carrot, diced onion in a bean salad dressing

***BEAN AND FETA***

Red kidney beans, celery, feta cheese, tomato, onion, in a Italian dressing