

Take Control

Design your own salad

Simply fill in this form, Hand it over to one of our staff, Nominate pick up time,
No Orders accepted after 11.30 am all salad orders must be pre-paid for.

Name: _____

Phone: _____

Pick Up Date: _____

Step 1

Choose 2 of the leaves

- Cos Lettuce
- Baby Spinach
- Masculine
- Wild Rocket
- Iceberg

Step 2

Choose 6 of the basic

- Alfalfa
- Carrots / Julienne
- Olives (Kalamata)
- Cont. Parsley
- Cucumber
- Spanish onion
- Snow Peas
- Red Cabbage
- Spiral Pasta (15 pieces per serve)
- Capers
- Marinated Mushrooms
- Celery
- Sun Dried Tomato
- Avocado ¼
- Tomato
- Chick Peas
- Baby Corn
- Baby Beet
- Capsicum Tricolor
- Roasted Pumpkin
- Coriander
- Shallots
- Jalapeno
- Corn

Time: _____

Step 3

Choose 2 of nuts seeds & crunchies

- Raw Pistachio
- Sun Flour Seeds
- Walnuts
- Roasted Pine Nut
- Croutons
- Couscous

Step 4

dress it up

- DRESSING & Salt Pepper (On the Side)
- Aioli
- Honey Mustard
- Pesto Aioli
- Balsamic Vinaigrette
- Tahini Dressing LF
- Pomegranate Dressing LF
- EVOO, Oregano & Lemon Juice
- Peri Peri
- Passion fruit Vinaigrette
- Caesar

Step 5

Choose Protein, Fish, Cheeses, Vegetarian items Price as marked

- | | | | |
|---|-------------|---|------|
| <input type="checkbox"/> Grilled Fish Fillet | 3.00 | <input type="checkbox"/> Three beans mix | 2.00 |
| <input type="checkbox"/> Grilled Salmon Fillet | 4.00 | <input type="checkbox"/> Tasty Cheese (3 slices) | 2.00 |
| <input type="checkbox"/> Tuna Mix (Our Very Own) | 2.00 | <input type="checkbox"/> Parmesan 50 grams | 2.00 |
| <input type="checkbox"/> Tuna in Spring Water | 2.00 | <input type="checkbox"/> Feta 10 cubes | 2.00 |
| <input type="checkbox"/> Chicken Schnitzel 200Grams | 4.00 | <input type="checkbox"/> Cottage Cheese Low Fat 100 grams | 3.00 |
| <input type="checkbox"/> Smoked Salmon (Sliced) 100 Grams | 3.00 | <input type="checkbox"/> Boiled Eggs (2) | 2.00 |
| <input type="checkbox"/> Ham (Double Smoked) 100 Grams | 2.00 | <input type="checkbox"/> Rare roast beef 3 slices | 3.00 |
| <input type="checkbox"/> Bacon eye (4 slices) | 2.00 | <input type="checkbox"/> V) Vine Leaves w herbed rice (6) | 3.00 |
| <input type="checkbox"/> Turkey (Double Smoked) 100 Grams | 3.00 | <input type="checkbox"/> V) Falafel x 3 | 2.00 |
| <input type="checkbox"/> Beef Kebab Bolgogi Style 100 Grams | 3.00 | <input type="checkbox"/> Chia Seed (New Super food) | 0.50 |
| <input type="checkbox"/> Haloumi 10 cubes | 2.00 | <input type="checkbox"/> Linseed (New Super food) | 0.50 |
| Marinated Chicken Breast 150gms | 3.00 | <input type="checkbox"/> Organic Quinoa (New Super food) | 1.00 |
| <input type="checkbox"/> Poached | | <input type="checkbox"/> Pesto | |
| <input type="checkbox"/> Tandoori | | <input type="checkbox"/> Teriyaki | |
| <input type="checkbox"/> Portuguese | | <input type="checkbox"/> Lebanese Style | |

Special Requirements _____

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Step 1, 2, 3 & 4 \$7.50

Step 5 Extras \$

Total \$