



Salad Collection | Spring

All Kale, Caesar Kale

Soft boiled eggs, crispy pancetta, parmesan and whole egg mayo dressing

The Red & Rad

Roasted beetroot, raddichio, fennel, orange, quinoa, roasted chicken and a balsamic dressing

The Raging Bull

Dukkah beef, paprika spiced cous cous, roasted red peppers & cauliflower, mint, corriander, pistachio, cucumber and a tahini yoghurt dressing

Off the Chook

Poached chicken, sweet potato, sauteed kale, spiced chick peas, red capsicum and sunflower seeds

The Goat & Whitlof

Mixed whitlof, soft boiled eggs, baby spinach, miso poached pearl barley, heirloom tomatoes and goats cheese

The Chunky Pumpkin

Balsamic roasted carrots, chunky pumpkin, rocket, zucchini, feta and flaked almonds

The SEARious omega3 oppor-tuna-ty

Seared tuna, rice noodles, kimchi, asian slaw, crispy shallots, bean sprouts, vietnamese mint and a sweet chilli dressing

8oz (small individual) \$6.50+gst Tuna \$2 supplement
16oz (medium individual) \$8.50+gst Tuna \$2 supplement
32oz (large individual) \$12.50+gst Tuna \$2 supplement
Small Salad Platter - \$55+ gst Tuna \$10 supplement
Large Salad Platter - \$75+gst Tuna \$10 supplement

Pricing is exclusive of gst