



Coleslaws	\$ per kg
Diced (GF, V) cabbage, onion, carrot, herbs, coleslaw mayonnaise	8.00
Traditional/sliced (GF, V) cabbage, onion, carrot, capsicum, coleslaw mayonnaise	8.60
Dry mix (GF, VG) cabbage, onion, carrot, herbs	8.10
Caribbean (GF, V) cabbage, mango, onion, capsicum, herbs, curry mayonnaise	10.60
Tropical (GF, V) cabbage, pineapple, mayonnaise, coleslaw mayonnaise	10.60
Apple Slaw (GF, V) cabbage, apple, onion, carrot, capsicum, coleslaw mayonnaise	8.90
Red Cabbage (GF, V) red cabbage, onion, carrot, capsicum, coleslaw mayonnaise	8.95

Green Salads	\$ per kg
Caesar (D) lettuce, egg, bacon, parmesan, croutons, caesar dressing	17.20
Greek (D, V) cucumber, capsicum, tomato, red onion, feta, olives, balsamic dressing	14.20
Garden (VG) lettuce, tomato, cucumber, carrot, red onion	13.80
Mixed leaves (VG, GF) mixed leaves, tomato, cucumber, carrot, red onion	15.60
Tossed (V) mixed leaves, red cabbage, tomato, cucumber, honey mustard dressing, red onion, shredded carrot	15.90
Wombok Salad (VG) wombok cabbage, noodles, pinenuts, shallots, sesame oil, soy sauce	14.60

Fruits	\$ per kg
Tropical Fruit Salad pineapple, rockmelon, honeydew, watermelon, orange	13.50

Pasta Salads	\$ per kg
Chicken Mango spiral pasta, chicken, mango, capsicum, onion, coconut, spices, curry mayonnaise	12.90
Creamy Basil (V) shell pasta, tomato, carrot, capsicum, herbs, basil, mayonnaise	9.20
Curry Pasta (V) shell pasta, egg, carrot, herbs, curry mayonnaise	9.00
Creamy Chicken Pesto spiral pasta, chicken, parmesan, herbs, pesto dressing	12.80
Italian (V) spiral pasta, tomato, capsicum, olives, carrot, garlic, herbs, Italian dressing	11.20
Mexican (V) elbow pasta, corn, peas, capsicum, celery, tomato, beans, chilli sauce, herbs, pomerralla	9.80
Pasta Pesto (V) penne pasta, parmesan, herbs, pesto dressing	10.90
Pasta (D, V) elbow pasta, onion, carrot, capsicum, herbs, sour cream, mayonnaise	8.60
Tropical spiral pasta, pineapple, capsicum, coconut, ham, dressing	9.45
Sweet Spiral (V) spiral pasta, corn kernels, capsicum, onion, carrot, mayonnaise	8.10
Mediterranean (D, V) pasta, red onion, black olives, cucumber, feta, sundried tomato, garlic, lemon juice, salt, pepper, parsley, basil, Italian dressing	17.60
Seafood pasta, onion, capsicum, seafood flakes, prawns, celery, salt, pepper, mayonnaise	14.60

Vegetables	\$ per kg
Shredded carrot	6.10
Shredded lettuce	6.90
Red onions (sliced/diced)	5.99
Brown onions (sliced/diced)	5.10
Sliced tomatoes	9.30
Peeled pumpkin	4.90
Stir Fry Vegie pack	9.98
Mixed Vegie pack - steam or roast	12.60

Legend
V=Vegetarian **VG=Vegan**
D=includes dairy **GF=Gluten free**



Potato Salads	\$ per kg
Aussie Potato (GF, V) potato, onion, herbs, mayonnaise	8.40
Potato, Egg and Bacon (GF) potato, egg, bacon, celery, capsicum, herbs, dressing	10.60
Potato, Egg and Cheese (D, GF) potato, egg, cheese, capsicum, onion, celery, herbs, sour cream, mayonnaise	10.60
Potato, Mustard and Chives (GF, V) potato, wholegrain mustard, chives, mayonnaise	8.50
German Potato (GF, V) potato, onion, celery, capsicum, herbs, mayonnaise, mustard	9.10
Bush Tucker (GF, V) potato, pumpkin, sweet potato, carrot, onion, garlic, herbs, dressing, mayonnaise	10.20
Wholegrain Mustard (GF, V) potato, onion, capsicum, celery, shallots, wholegrain mustard, mayonnaise	8.50

Rice Salads	\$ per kg
Rice Salad (GF, V) rice, celery, carrot, sultanas, pawpaw, dressing	9.30
Curry Rice (GF, V) rice, apple, capsicum, sultanas, pawpaw, curry mayonnaise	9.40
Fried Rice (VG) rice, celery, capsicum, onion, corn kernels, peas, shallots, garlic, soy sauce	9.10
Asian Rice rice, bacon, peas, corn, shallots, red onion, hoisin sauce, garlic, soy sauce	10.40

Seafood and Meat	\$ per kg
Eastern King Prawns	39.00
Tiger Prawns	38.00
Cold Chicken - cut into 8 pieces - price per chicken	11.50
Sliced Roast Beef	27.00
Sliced Roast Pork	27.00
Australian Sliced Leg Ham Off The Bone	26.99
BBQ Packs Design your own pack from steaks, sausages, rissoles, pork, kebabs	Price on application
Tasmanian Pacific Oysters Fresh Shucked	23.95 per dozen

Specialty Salads	\$ per kg
Carrot Coconut (VG, GF) carrot, coconut, sultanas, herbs, dressing	9.10
Seafood Salad seafood flakes, celery, prawns, herbs, mayonnaise	12.60
Tabouleh (V) parsley, wheat, tomato, cucumber, capsicum, herbs, dressing	12.30
Waldorf (D, V) apple, celery, walnut, sour cream, mayonnaise	10.40
Pumpkin Couscous (V) pumpkin, couscous, herbs, capsicum, dressing	10.40
Hokkien Noodle (V) hokkien noodles, onion, celery, carrot, shallots, sesame seeds, hoi sin sauce	13.10
Roast Veggie (VG, GF) roast pumpkin, roast sweet potato, roast zucchini, roast capsicum, baby spinach, red onion, pine nuts, sweet balsamic dressing	18.60
Pumpkin and Feta (D, V) pumpkin, feta, red onion, cherry tomatoes, baby spinach, capsicum, pine nuts, balsamic vinegar	16.50
Prawn Salad (GF) prawns, cabbage, carrot, capsicum, celery, onion, shallots, french dressing	15.10
Ancient Grain (VG) freekah, lentils, currants, parsley, red onion, preserved lemon dressing	13.40
Israeli Cous Cous (VG) pumpkin, pearl cous cous, sultanas, roast capsicum, parsley, sweet dressing	13.60

Family Favourites	\$
Spaghetti Bolognese (D) spaghetti, beef mince, pasta sauce, garlic, onion, herbs, spices, cheese (separate pack)	10.40/kg
Potato Bake (D) potato, bacon, garlic, cream, salt, pepper, cheese	13.50/kg 7.65 (400g)
Lasagne (D) beef mince, lasagne sheets, garlic, onion, salt, pepper, herbs, white sauce	13.50/kg 7.65 (400g)
Cottage Pie (D) beef mince, carrots, peas, corn, garlic, onion, potato	13.50/kg 7.65 (400g)
Beef Rissoles (12 x 50g each) beef mince, mushroom, zucchini, onion	12.60
Beef Burgers (6 x 150g each) beef mince, mushroom, zucchini, onion	15.70
Vegetarian Patties (D, GF) (20 x 50g each)	15.70
Vegetarian Burgers (D, GF) (10 x 150g each)	21.00
Prawn and Crab Bites (12 pieces)	16.60