



Salads Made Fresh - Monday to Friday 7am to 1pm  
 Saturday 7am to 10.30am for pickup  
 Phone: 3207 6877 | Email: saladsmadefresh@gmail.com  
 Facebook: saladsmadefresh | www.saladsmadefresh.com.au  
 201 Bunker Road, Victoria Point QLD 4165

Coleslaws	\$ per kg
<b>Diced (GF, V)</b> cabbage, onion, carrot, herbs, coleslaw mayonnaise	8.90
<b>Traditional/sliced (GF, V)</b> cabbage, onion, carrot, capsicum, coleslaw mayonnaise	9.20
<b>Dry mix (GF, VG)</b> cabbage, onion, carrot, herbs	8.90
<b>Caribbean (GF, V)</b> cabbage, mango, onion, capsicum, herbs, curry mayonnaise	10.60
<b>Tropical (GF, V)</b> cabbage, pineapple, mayonnaise, coleslaw mayonnaise	10.60
<b>Apple Slaw (GF, V)</b> cabbage, apple, onion, carrot, capsicum, coleslaw mayonnaise	9.60

Potato Salads	\$ per kg
<b>Aussie Potato (GF, V)</b> potato, onion, herbs, mayonnaise	9.20
<b>Potato, Egg and Bacon (GF)</b> potato, egg, bacon, celery, capsicum, herbs, dressing	10.90
<b>Potato, Egg and Cheese (D, GF)</b> potato, egg, cheese, capsicum, onion, celery, herbs, sour cream, mayonnaise	10.90
<b>Potato, Mustard and Chives (GF, V)</b> potato, wholegrain mustard, chives, mayonnaise	9.20
<b>German Potato (GF, V)</b> potato, onion, celery, capsicum, herbs, mayonnaise, mustard	9.60
<b>Bush Tucker (GF, V)</b> potato, pumpkin, sweet potato, carrot, onion, garlic, herbs, dressing, mayonnaise	10.90
<b>Wholegrain Mustard (GF, V)</b> potato, onion, capsicum, celery, shallots, wholegrain mustard, mayonnaise	9.20

Green Salads	\$ per kg
<b>Caesar (D)</b> lettuce, egg, bacon, parmesan, croutons, caesar dressing	17.20
<b>Greek (D, V)</b> cucumber, capsicum, tomato, red onion, feta, olives, balsamic dressing	14.20
<b>Garden (VG)</b> lettuce, tomato, cucumber, carrot, red onion	13.80
<b>Mixed leaves (VG, GF)</b> mixed leaves, tomato, cucumber, carrot, red onion	15.60
<b>Tossed (V)</b> mixed leaves, red cabbage, tomato, cucumber, honey mustard dressing, red onion, shredded carrot	15.90

Pasta Salads	\$ per kg
<b>Chicken Mango</b> spiral pasta, chicken, mango, capsicum, onion, coconut, spices, curry mayonnaise	12.90
<b>Creamy Basil (V)</b> shell pasta, tomato, carrot, capsicum, herbs, basil, mayonnaise	9.80
<b>Curry Pasta (V)</b> shell pasta, egg, carrot, herbs, curry mayonnaise	9.80
<b>Creamy Chicken Pesto</b> spiral pasta, chicken, parmesan, herbs, pesto dressing	12.80
<b>Italian (V)</b> spiral pasta, tomato, capsicum, olives, carrot, garlic, herbs, Italian dressing	11.20
<b>Mexican (V)</b> elbow pasta, corn, peas, capsicum, celery, tomato, beans, chilli sauce, herbs, pomerralla	9.80
<b>Pasta Pesto (V)</b> penne pasta, parmesan, herbs, pesto dressing	10.90
<b>Pasta (D, V)</b> elbow pasta, onion, carrot, capsicum, herbs, sour cream, mayonnaise	9.20
<b>Tropical</b> spiral pasta, pineapple, capsicum, coconut, ham, dressing	9.90
<b>Sweet Spiral (V)</b> spiral pasta, corn kernels, capsicum, onion, carrot, mayonnaise	9.80
<b>Mediterranean (D, V)</b> pasta, red onion, black olives, cucumber, feta, sundried tomato, garlic, lemon juice, salt, pepper, parsley, basil, Italian dressing	17.60
<b>Seafood</b> pasta, onion, capsicum, seafood flakes, prawns, celery, salt, pepper, mayonnaise	14.60

Rice Salads	\$ per kg
<b>Rice Salad (GF, V)</b> rice, celery, carrot, sultanas, pawpaw, dressing	9.90
<b>Curry Rice (GF, V)</b> rice, apple, capsicum, sultanas, pawpaw, curry mayonnaise	9.90
<b>Fried Rice (VG)</b> rice, celery, capsicum, onion, corn kernels, peas, shallots, garlic, soy sauce	9.60
<b>Asian Rice</b> rice, bacon, peas, corn, shallots, red onion, hoisin sauce, garlic, soy sauce	10.90

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



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Specialty Salads	\$ per kg
<b>Carrot Coconut (VG, GF)</b> carrot, coconut, sultanas, herbs, dressing	<b>9.90</b>
<b>Seafood Salad</b> seafood flakes, celery, prawns, herbs, mayonnaise	<b>12.60</b>
<b>Tabouleh (V)</b> parsley, wheat, tomato, cucumber, capsicum, herbs, dressing	<b>12.30</b>
<b>Waldorf (D, V)</b> apple, celery, walnut, sour cream, mayonnaise	<b>10.40</b>
<b>Pumpkin Couscous (V)</b> pumpkin, couscous, herbs, capsicum, dressing	<b>10.40</b>
<b>Roast Vegie (VG, GF)</b> roast pumpkin, roast sweet potato, roast zucchini, roast capsicum, baby spinach, red onion, pine nuts, sweet balsamic dressing	<b>18.60</b>
<b>Pumpkin and Feta (D, V)</b> pumpkin, feta, red onion, cherry tomatoes, baby spinach, capsicum, pine nuts, balsamic vinegar	<b>16.50</b>
<b>Prawn Salad (GF)</b> prawns, cabbage, carrot, capsicum, celery, onion, shallots, french dressing, seafood sauce	<b>15.10</b>
<b>Ancient Grain (VG)</b> freekah, lentils, currants, parsley, red onion, preserved lemon dressing	<b>13.40</b>
<b>Israeli Cous Cous (VG)</b> pumpkin, pearl cous cous, sultanas, roast capsicum, parsley, sweet dressing	<b>13.60</b>

Fruits	\$ per kg
<b>Tropical Fruit Salad</b> pineapple, rockmelon, honeydew, watermelon, orange	<b>13.50</b>

Family Favourites	\$
<b>Spaghetti Bolognese (D)</b> spaghetti, beef mince, pasta sauce, garlic, onion, herbs, spices, cheese (separate pack)	<b>10.40/kg</b>
<b>Potato Bake (D)</b> potato, bacon, garlic, cream, salt, pepper, cheese	<b>13.50/kg</b> <b>7.65 (400g)</b>
<b>Lasagne (D)</b> beef mince, lasagne sheets, garlic, onion, salt, pepper, herbs, white sauce	<b>13.50/kg</b> <b>7.65 (400g)</b>
<b>Cottage Pie (D)</b> beef mince, carrots, peas, corn, garlic, onion, potato	<b>13.50/kg</b> <b>7.65 (400g)</b>
<b>Vegetarian Patties (D, GF) (20 x 50g each)</b>	<b>15.70</b>

Meat	\$ per kg
Cold Chicken	<b>11.50</b>
Sliced Roast Beef	<b>27.00</b>
Sliced Roast Pork	<b>27.00</b>
Australian Sliced Leg Ham Off The Bone	<b>26.99</b>
BBQ Packs Design your own pack from steaks, sausages, rissoles, pork, kebabs	Price on application

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	8.50
Peeled pumpkin	5.50
Stir Fry Vegie pack	14.50
Mixed Vegie pack - steam or roast	14.50
Zucchini Noodles	9.00
Cauliflower Rice	10.00



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**We have added some products to our range and teamed up  
 with Banjo's Bakery and Pattermore's Meats  
 to deliver essentials to your door.**

**No delivery fee in the Redlands area for orders over \$50**

Market Fresh Veges	\$
Cabbage ¼	1.65
Carrots per kg	2.10
Pumpkin Kent per kg	4.00
Potato White washed per kg	3.50
Potato Red washed per kg	3.50
Sweet Potato gold per kg	4.50
White Onion per kg	3.00
Red Onion per kg	3.00
Lettuce each	4.00
Tomatoes per kg	6.80
Cherry Tomato 250gm punnet	3.80
Leek each	2.45
Spring Eshallots bunch of 10 (singles available)	2.50
Beetroot per kg	4.90
Red Capsicum each	2.70
Green Capsicum each	2.00
Cauliflower each (½ and ¼ available)	7.00
Broccoli per kg	11.50
Continental Cucumber each	2.00

Meat	\$ per kg
Beef and Veg Rissoles (12 x 50g each)	12.60
Salads Made Fresh Gourmet Sausages	15.00

Banjo's Bread Products	\$
White loaf	4.40
Wholemeal loaf	4.40
Ancient grain loaf	4.40
White round rolls - six	3.50
Wholemeal round rolls - six	3.50
Ancient grain round rolls - four	3.50

Pattermore's Meats	\$ per kg
Premium beef mince	13.99
Qld's best beef sausage (14 to the kg)	15.99
Gourmet flavoured sausages	15.99
Reggies Rissoles (160gm each)	15.99
Rump Steak	19.99
Rib Fillet BBQ	28.99
Rib Fillet premium	46.99
Chicken breast / tenderloins (150gm pieces)	15.99
Locally smoked leg ham off the bone	26.99
Locally smoked bacon	21.99
Locally smoked kabana (2 pack)	14.99

Eggs	\$
Eggs 800gm per dozen (½ dozen also available)	5.00