



Salads Made Fresh - Monday to Friday 7am to 1pm
DELIVERIES ONLY BY PRIOR ARRANGEMENT*

Phone: 3207 6877 | Email: saladsmadefresh@gmail.com | Facebook: saladsmadefresh
 *minimum order quantities may apply

Coleslaws	\$ per kg
Diced (GF, V) cabbage, onion, carrot, herbs, coleslaw mayonnaise	9.50
Traditional/sliced (GF, V) cabbage, onion, carrot, capsicum, coleslaw mayonnaise	9.80
Dry mix (GF, VG) cabbage, onion, carrot, herbs	9.50
Caribbean (GF, V) cabbage, mango, onion, capsicum, herbs, curry mayonnaise	11.30
Tropical (GF, V) cabbage, pineapple, mayonnaise, coleslaw mayonnaise	11.30
Apple Slaw (GF, V) cabbage, apple, onion, carrot, capsicum, coleslaw mayonnaise	10.20

Potato Salads	\$ per kg
Aussie Potato (GF, V) potato, onion, herbs, mayonnaise	9.80
Potato, Egg and Bacon (GF) potato, egg, bacon, celery, capsicum, herbs, dressing	11.60
Potato, Egg and Cheese (D, GF) potato, egg, cheese, capsicum, onion, celery, herbs, sour cream, mayonnaise	11.60
Potato, Mustard and Chives (GF, V) potato, wholegrain mustard, chives, mayonnaise	9.80
German Potato (GF, V) potato, onion, celery, capsicum, herbs, mayonnaise, mustard	10.20
Bush Tucker (GF, V) potato, pumpkin, sweet potato, carrot, onion, garlic, herbs, dressing, mayonnaise	11.60
Wholegrain Mustard (GF, V) potato, onion, capsicum, celery, shallots, wholegrain mustard, mayonnaise	9.80

Green Salads	\$ per kg
Caesar (D) lettuce, egg, bacon, parmesan, croutons, caesar dressing	18.40
Greek (D, V) cucumber, capsicum, tomato, red onion, feta, olives, balsamic dressing	15.00
Garden (VG) lettuce, tomato, cucumber, carrot, red onion	14.70
Mixed leaves (VG, GF) mixed leaves, tomato, cucumber, carrot, red onion	16.60
Tossed (V) mixed leaves, red cabbage, tomato, cucumber, honey mustard dressing, red onion, shredded carrot	16.90

Pasta Salads	\$ per kg
Chicken Mango spiral pasta, chicken, mango, capsicum, onion, coconut, spices, curry mayonnaise	13.70
Creamy Basil (V) shell pasta, tomato, carrot, capsicum, herbs, basil, mayonnaise	10.40
Curry Pasta (V) shell pasta, egg, carrot, herbs, curry mayonnaise	10.40
Creamy Chicken Pesto spiral pasta, chicken, parmesan, herbs, pesto dressing	13.60
Italian (V) spiral pasta, tomato, capsicum, olives, carrot, garlic, herbs, Italian dressing	11.90
Mexican (V) elbow pasta, corn, peas, capsicum, celery, tomato, beans, chilli sauce, herbs, pomerralla	10.40
Pasta Pesto (V) penne pasta, parmesan, herbs, pesto dressing	11.60
Pasta (D, V) elbow pasta, onion, carrot, capsicum, herbs, sour cream, mayonnaise	9.80
Tropical spiral pasta, pineapple, capsicum, coconut, ham, dressing	10.50
Sweet Spiral (V) spiral pasta, corn kernels, capsicum, onion, carrot, mayonnaise	10.40
Mediterranean (D, V) pasta, red onion, black olives, cucumber, feta, sundried tomato, garlic, lemon juice, salt, pepper, parsley, basil, Italian dressing	18.70
Seafood pasta, onion, capsicum, seafood flakes, prawns, celery, salt, pepper, mayonnaise	15.50

Rice Salads	\$ per kg
Rice Salad (GF, V) rice, celery, carrot, sultanas, pawpaw, dressing	10.50
Curry Rice (GF, V) rice, apple, capsicum, sultanas, pawpaw, curry mayonnaise	10.50
Fried Rice (VG) rice, celery, capsicum, onion, corn kernels, peas, shallots, garlic, soy sauce	10.30
Asian Rice rice, bacon, peas, corn, shallots, red onion, hoisin sauce, garlic, soy sauce	11.60

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



Specialty Salads	\$ per kg
Carrot Coconut (VG, GF) carrot, coconut, sultanas, herbs, dressing	10.50
Seafood Salad seafood flakes, celery, prawns, herbs, mayonnaise	13.50
Tabouleh (V) parsley, wheat, tomato, cucumber, capsicum, herbs, dressing	13.10
Waldorf (D, V) apple, celery, walnut, sour cream, mayonnaise	12.50
Pumpkin Couscous (V) pumpkin, couscous, herbs, capsicum, dressing	11.10
Pumpkin and Feta (D, V) pumpkin, feta, red onion, cherry tomatoes, baby spinach, capsicum, pine nuts, balsamic vinegar	17.50
Prawn Salad (GF) prawns, cabbage, carrot, capsicum, celery, onion, shallots, french dressing, seafood sauce	16.00

Fruits	\$ per kg
Tropical Fruit Salad pineapple, rockmelon, honeydew, watermelon, orange	14.50

Family Favourites	\$
Spaghetti Bolognese (D) spaghetti, beef mince, pasta sauce, garlic, onion, herbs, spices, cheese (separate pack)	11.00/kg
Potato Bake (D) potato, bacon, garlic, cream, salt, pepper, cheese	14.50/kg
Lasagne (D) beef mince, lasagne sheets, garlic, onion, salt, pepper, herbs, white sauce	14.50/kg
Cottage Pie (D) beef mince, carrots, peas, corn, garlic, onion, potato	14.50/kg
Vegetarian Patties (D, GF) (20 x 50g each)	16.70

Meat	\$
Cold Roast Chicken - cut into 8 pieces (price per chicken)	13.00
Sliced Roast Beef	28.60/kg
Sliced Roast Pork	28.60/kg
Australian Sliced Leg Ham Off The Bone	28.50/kg
BBQ Packs Design your own pack from steaks, sausages, rissoles, pork, kebabs	Price on application

Vegetables	\$ per kg
Shredded carrot	6.50
Shredded lettuce	7.30
Red onions (sliced/diced)	6.50
Brown onions (sliced/diced)	5.50
Sliced tomatoes	9.00
Peeled pumpkin	5.90
Stir Fry Vegie pack	15.40

Eggs	\$
Eggs 700gm per dozen	5.30