



Springfresh Salads

Salad & Vegetable Price List September 2021

		Price/Kg	500 GMS
Dry Coleslaw (GF)	Cabbage, carrot & parsley	\$7.40	N/A
Coleslaw Dressed (GF)	Cabbage, carrot, parsley, mayonnaise	\$7.90	\$4.70
Greek Coleslaw (GF)	Green & red cabbage, carrot , corn, onion, capsicum, red onion & dressing	\$8.90	\$5.30
Gourmet Coleslaw (GF)	Green & red cabbage, carrot, spring onion, whole egg mayonnaise	\$9.70	\$5.65
Potato Salad ***	Potato, parsley, spring onion, mayonnaise	\$8.90	\$5.20
Potato & Ham ***	Potato, ham, celery, spring onion, capsicum, parsley, mayonnaise	\$9.80	\$5.75
Potato, Ham & Egg ***	Potato, ham, onion, caspicum, parsley, celery, sliced boiled egg, mayonnaise	\$10.20	\$5.90
Supreme Potato ***	Potato, celery, sliced boiled egg, red onion, mustard pickle, mayonnaise	\$10.20	\$5.90
Red German Potato ***	Red potato, parsley, spring onion, gherkin seeded mustard, mayonnaise	\$10.20	\$5.90
Red Potato Sour Cream ***	Red potato, chives, sour cream, mayonnaise	\$10.20	\$5.90
Greek Potato (GF)	Potato, parsley, spring onion, lemon dressing	\$8.90	\$5.20
Curried Rice (GF)	Rice, sultanas, spring onion, capsicum, peas, mild curry dressing	\$10.20	\$5.90
Waldorf	Hand diced apple, celery, walnut, mayonnaise	\$11.20	\$6.40

GF = Gluten Free

*** Available as Gluten Free \$1.00 extra per kilo

		Price/Kg	500 GMS
Shell Pasta	Pasta, parmesan cheese, gherkin, red onion, capsicum, tomato dressing	\$10.20	\$5.90
Spiral Pasta	Pasta, ham, capsicum, chives, napolitana dressing	\$10.20	\$5.90
Ham & Cheese Pasta	Pasta, corn, ham, cheese, chives, sour cream, mayonnaise	\$10.20	\$5.90
Creamy Elbow Pasta	Pasta, red onion, celery, carrot, capsicum, sour cream, mayonnaise	\$10.20	\$5.90
Greek Salad (GF)	Cherry tomato, cucumber, kalamata pitted olives, spanish onion, feta cheese, dressing	\$12.80	\$7.20
Tossed Salad (GF)	Lettuce, kalamata olives, red onion, capsicum, carrot, cucumber, celery, chery tomato, Italian dressing (separate)	\$13.20	N/A
Gourmet Tossed (GF)	Baby Cos Lettuce, cherry tomato, cucumber, red capsicum, spanish onion, kalamata pitted olives, dressing	\$15.80	N/A
Tabouli	Bourghul, parsley, spring onion, tomato, mint, dressing	\$12.20	\$6.90
Crunchy Noodle	Green and red cabbage, carrot, spring onion, fried noodle, roasted almonds, sweet dressing	\$12.80	N/A

GOURMET SALADS (2KG MINIMUM)

		Price/kg
Bean (GF)	Cooked assorted beans, chick peas, capsicum, spring onion, tomato, dressing	\$12.80
Seafood Salad ***	Seafood mix, prawns, celery, parsley, mayonnaise (or a lemon dressing must be advised when ordering)	\$12.80
Pesto Pasta	Pasta, slivered almonds, tomato, veg oil, basil & garlic pesto sauce, salt & pepper	\$12.20
Tuscan Shell	Pasta, spring onion, capsicum, sundried tomatoes, pitted kalamatta olives, napolitana sauce, garlic, parsley, dressing	\$11.20
Caeser Potato Salad ***	Red potato, celery, ham, spring onion, seeded mustard parmesan cheese, garlic, salt & pepper, creamy mayonnaise	\$12.20
Asian Noodle	Thai noodle, capsicum, coriander, pad thai sauce	\$11.30

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		Price/kg
Hokkein Noodle	Hokkien noodle, carrot, capsicum, spring onion, sesame seeds, sweet chilli sauce	\$11.30
Yam Cous Cous	Sweet potato, chickpeas, sundried tomato, chilli, cous cous, parsley, dressing	\$15.20
Corn ***	Cooked corn kernels, spring onion, capsicum, mayonnaise	\$10.20
Beetroot Quinoa (GF)	Quinoa, beetroot, spring onion, feta cheese & home made dressing	\$15.30
Thai Quinoa Pumpkin	Pumpkin, mixed quinoa, brown rice, corriander, sunflower Seeds & Thai orange dressing	\$11.20

Fruit Based Products

Wedges	Price/kg
Watermelon	\$6.00
Pineapple	\$7.50
Honeydew	\$10.00
Rockmelon	\$10.00
Fruit Salad	\$11.80
Watermelon, rockmelon, honeydew, pineapple, orange & apple	

Perfect for healthy dip platters

	Price/kg
Carrot Baton	\$6.00
Celery Baton	\$7.50
Cucumber Baton	\$8.00
Zucchini Baton	\$7.70
Broccoli Flowerette	\$8.50
Cauliflower Flowerette	\$8.50

BBQ/Yiros/Sandwiches made easy

	Price/kg
Onions Sliced	\$4.00
Potatoes Sliced	\$4.00
Lettuce Shredded	\$7.00
Tomatoes Sliced/Diced	\$8.40
Capsicum Mixed Sliced/Diced	\$9.50

Vegetable Mixes Made Easy

	Price/kg
Soup Mix (6mm or 13mm)	\$6.00
Potato, carrot, pumpkin & celery	
Asian Stirfry	\$8.90
Carrot, cauliflower, broccoli, celery, red onion, mixed capsicum, green beans, lemon grass & chilli	
Roast Veg Mix (hand cut)	\$6.00
Carrot, potato, pumpkin & sweet potato	
Pasty Mix (6mm or 13mm)	\$5.00
Potato, carrot & pumpkin	
Casserole Mix (13mm)	\$7.00
Carrot, celery, broccoli, cauliflower, swede, turnip & pumpkin	

24 Hours notice of order is appreciated
For the full range of fresh cut vegetables please

www.springfreshsalads.com.au