



# Springfresh Salads

## Salad & Vegetable Price List June 2022

		<b>Price/Kg</b>	<b>500gm</b>
<b>Dry Coleslaw (GF)</b>	Cabbage, carrot, parsley	\$7.70	N/A
<b>Coleslaw Dressed (GF)</b>	Cabbage, carrot, parsley, mayonnaise	\$8.10	\$4.90
<b>Greek Coleslaw (GF)</b>	Green & red cabbage, carrot, corn, onion, capsicum, red onion & dressing	\$9.10	\$5.50
<b>Gourmet Coleslaw (GF)</b>	Green & red cabbage, carrot, spring onion, whole egg mayonnaise	\$10.00	\$5.85
<b>Potato Salad ***</b>	Potato, parsley, spring onion, mayonnaise	\$9.20	\$5.40
<b>Potato &amp; Ham ***</b>	Potato, ham, celery, spring onion, capsicum, parsley, mayonnaise	\$10.10	\$5.95
<b>Potato, Ham &amp; Egg ***</b>	Potato, ham, sliced egg, celery, capsicum, onion, parsley, mayonnaise	\$10.50	\$6.10
<b>Supreme Potato ***</b>	Potato, sliced egg, celery, red onion, sweet mustard pickle, mayonnaise	\$10.50	\$6.10
<b>Red German Potato ***</b>	Red potato, gherkin, spring onion, parsley, seeded mustard, mayonnaise	\$10.50	\$6.10
<b>Red Potato Sour Cream ***</b>	Red potato, chives, sour cream, mayonnaise	\$10.50	\$6.10
<b>Greek Potato (GF)</b>	Potato, parsley, spring onion, lemon dressing	\$9.20	\$5.40
<b>Curried Rice (GF)</b>	Rice, sultanas, spring onion, capsicum, peas, mild curry dressing	\$10.50	\$6.10
<b>Waldorf</b>	Diced apple, celery, walnut, mayonnaise	\$11.50	\$6.60
<b>Shell Pasta</b>	Pasta, parmesan cheese, gherkin, red onion, capsicum, tomato dressing	\$10.50	\$6.10
<b>Spiral Pasta</b>	Pasta, ham, capsicum, chives, tomato dressing	\$10.50	\$6.10
<b>Cheese &amp; Ham Pasta</b>	Pasta, ham, cheese, corn, chives, sour cream, mayonnaise	\$10.50	\$6.10
<b>Creamy Elbow Pasta</b>	Pasta, red onion, celery, carrot, capsicum, sour cream, mayonnaise	\$10.50	\$6.10

GF = Gluten Free

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

		<b>Price/kg</b>	<b>500g</b>
<b>Greek Salad (GF)</b>	Cherry tomato, cucumber, pitted olives, red onion, feta cheese, dressing	\$13.10	\$7.40
<b>Tabouli</b>	Bourghul, parsley, spring onion, tomato, mint, dressing	\$12.50	\$7.10
<b>Tossed Salad (GF)</b>	Lettuce, cherry tomato, cucumber, carrot, celery, capsicum, red onion, pitted olives, dressing	\$16.20	N/A
<b>Gourmet Tossed (GF)</b>	Cos Lettuce, cherry tomato, cucumber, capsicum, red onion, pitted olives, dressing	\$18.80	N/A
<b>Crunchy Noodle</b>	Green and red cabbage, carrot, spring onion, fried noodles, roasted almonds, sweet dressing	\$13.10	N/A

## GOURMET SALADS (2KG MINIMUM)

		<b>Price/kg</b>
<b>Bean (GF)</b>	Cooked assorted beans, chick peas, capsicum, spring onion, tomato, dressing	\$13.10
<b>Seafood Salad ***</b>	Seafood mix, prawns, celery, parsley, mayonnaise	\$13.10
<b>Pesto Pasta</b>	Pasta, slivered almonds, tomato, veg oil, basil & garlic pesto sauce, salt & pepper	\$12.50
<b>Tuscan Shell</b>	Pasta, sundried tomato, capsicum, spring onion, pitted olives, napolitana sauce, garlic, parsley, dressing	\$11.50
<b>Caeser Potato Salad ***</b>	Red potato, ham, celery, spring onion, seeded mustard parmesan cheese, garlic, salt & pepper, mayonnaise	\$12.50
<b>Asian Noodle</b>	Thai noodle, capsicum, coriander, pad thai sauce	\$11.60
<b>Hokkein Noodle</b>	Hokkien noodle, carrot, capsicum, spring onion, sesame seed, sweet chilli sauce	\$11.60
<b>Yam Cous Cous</b>	Sweet potato, chickpeas, sundried tomato, cous cous, parsley, chilli, dressing	\$15.50
<b>Corn ***</b>	Cooked corn kernels, spring onion, capsicum, mayonnaise	\$10.50
<b>Quinoa Tabouli (GF)</b>	Quinoa, parsley, cucumber, red onion, capsicum, tomato, mint, cumin, dressing	\$15.60
<b>Beetroot Quinoa (GF)</b>	Beetroot, mixed quinoa, spring onion, feta cheese, dressing	\$15.60
<b>Thai Quinoa Pumpkin</b>	Pumpkin, mixed quinoa, brown rice, corriander, sunflower seed, Thai orange dressing	\$11.50

### Fruit Based Products

<b>Wedges</b>	<b>Price/kg</b>
Watermelon	\$6.30
Pineapple	\$7.80
Honeydew	\$10.30
Rockmelon	\$10.30

<b>Fruit Salad</b>	<b>\$13.10</b>
Watermelon, rockmelon, honeydew, pineapple, orange & apple	

### Perfect for healthy dip platters

	<b>Price/kg</b>
Carrot Baton	\$6.50
Celery Baton	\$8.50
Cucumber Baton	\$9.00
Zucchini Baton	\$7.90

### BBQ/Yiros/Rolls

	<b>Price/kg</b>
Onions Sliced	\$4.00
Potatoes Sliced	\$4.00
Lettuce Shredded	\$10.50
Tomatoes Sliced/Diced	\$9.00

### Vegetable Mixes

	<b>Price/kg</b>
<b>Soup Mix (6mm or 13mm)</b>	\$6.00
Potato, carrot, pumpkin, celery	

<b>Asian Stirfry</b>	\$8.90
Carrot, cauliflower, broccoli, celery, mix capsicum, red onion, lemon grass, chilli	

<b>Roast Veg Mix (hand cut)</b>	\$6.00
Carrot, potato, pumpkin, sweet potato	

<b>Pasty Mix (6mm or 13mm)</b>	\$5.00
Potato, carrot, pumpkin	

<b>Casserole Mix (13mm)</b>	\$7.50
Carrot, celery, broccoli, cauliflower, swede, turnip, pumpkin	

**24 Hours notice of order is appreciated**

**Place your order online at [orders@springfreshsalads.com.au](mailto:orders@springfreshsalads.com.au)  
or feel free to call us on 8297 8282**

**For the full range of fresh cut vegetables please see our website  
[www.springfreshsalads.com.au](http://www.springfreshsalads.com.au)**