



# Springfresh Salads

U1 10 Desmond Ave, Marlestone SA 5033

## Salad & Vegetable Price List October 2024

### PRODUCTS AVAILABLE IN WHOLE INCREMENTS ONLY

		Price/kg
<b>Dry Coleslaw (GF,VG)</b>	Cabbage, carrot & parsley	\$11.00
<b>Coleslaw Dressed (GF)</b>	Cabbage, carrot, parsley, mayonnaise	\$12.00
<b>Greek Coleslaw (GF,VG)</b>	Green & red cabbage, carrot , corn, onion, capsicum, red onion & dressing	\$14.00
<b>Gourmet Coleslaw (GF)</b>	Green & red cabbage, carrot, spring onion, whole egg mayonnaise	\$14.00
<b>Potato Salad ***</b>	Potato, parsley, spring onion, mayonnaise	\$12.00
<b>Potato &amp; Ham ***</b>	Potato, ham, celery, spring onion, capsicum, parsley, mayonnaise	\$13.00
<b>Potato, Ham &amp; Egg ***</b>	Potato, ham, onion, capsicum, parsley, celery, sliced boiled egg, mayonnaise	\$15.50
<b>Supreme Potato ***</b>	Potato, celery, sliced boiled egg, red onion, mustard pickle, mayonnaise	\$15.50
<b>Red German Potato ***</b>	Red potato, parsley, spring onion, gherkin seeded mustard, mayonnaise	\$15.50
<b>Red Potato Sour Cream ***</b>	Red potato, chives, sour cream, mayonnaise	\$15.50
<b>Greek Potato (GF,VG)</b>	Potato, parsley, spring onion, lemon dressing (separate)	\$12.00
<b>Curried Rice (GF,VG)</b>	Rice, sultanas, spring onion, capsicum, peas, mild curry dressing	\$13.50
<b>Shell Pasta</b>	Shell pasta, parmesan cheese, gherkin, red onion, capsicum, tomato dressing	\$13.50
<b>Spiral Pasta</b>	Spiral pasta, ham, capsicum, chives, napolitana dressing	\$13.50
<b>Ham &amp; Cheese Pasta</b>	Spiral pasta, corn, ham, cheese, chives, sour cream, mayonnaise	\$13.50
<b>Creamy Elbow Pasta</b>	Elbow pasta, red onion, celery, carrot, capsicum, sour cream, mayonnaise	\$13.50

\*\*\*Gluten Free available - \$1.00 extra per kilo

		<b>Price/kg</b>
<b>Waldorf ***</b>	Hand diced apple, celery, walnut, mayonnaise	\$15.00
<b>Greek Salad (GF)</b>	Cherry tomato, cucumber, kalamata pitted olives, spanish onion, feta cheese, dressing (separate)	\$17.00
<b>Tossed Salad (GF,VG)</b>	Lettuce, kalamata olives, red onion, capsicum, carrot, cucumber, celery, cherry tomato, italian dressing (separate)	\$18.00
<b>Gourmet Tossed (GF,VG)</b>	Baby Cos Lettuce, cherry tomato, cucumber, red capsicum, spanish onion, kalamata pitted olives, dressing (separate)	\$21.00
<b>Tabouli (VG)</b>	Bourghul, parsley, spring onion, tomato, mint, dressing (separate)	\$15.00
<b>Quinoa Tabouli (GF,VG)</b>	Quinoa, parsley, tomato, cucumber, red onion, capsicum, mint & cumin dressing (separate)	\$18.00
<b>Crunchy Noodle (VG)</b>	Green and red cabbage, carrot, spring onion, fried noodles, slivered almonds, sweet dressing (separate)	\$17.00

### **GOURMET SALADS (2KG MINIMUM)**

		<b>Price/2kg</b>
<b>Bean (GF,VG)</b>	Cooked assorted beans, chick peas, capsicum, spring onion, tomato, dressing	\$31.00
<b>Seafood Salad ***</b>	Seafood mix, prawns, celery, parsley, mayonnaise	\$31.00
<b>Tuscan Shell</b>	Pasta, spring onion, capsicum, sundried tomatoes, pitted kalamatta olives, napolitana sauce, garlic, parsley, tomato dressing	\$28.00
<b>Caeser Potato Salad ***</b>	Red potato,celery, ham, spring onion, seeded mustard parmesan cheese, garlic, salt & pepper, sour cream, mayonnaise	\$28.00
<b>Asian Noodle</b>	Thai noodle, capsicum, coriander, pad thai sauce	\$28.00
<b>Hokkein Noodle</b>	Hokkien noodle, carrot, capsicum, spring onion, sesame seeds, sweet chilli sauce	\$28.00
<b>Corn ***</b>	Cooked corn kernels, spring onion, capsicum, mayonnaise	\$26.00
<b>Beetroot Quinoa (GF)</b>	Quinoa, beetroot, spring onion, feta cheese & home made dressing (separate)	\$36.00
<b>Thai Pumpkin Quinoa (GF)</b>	Pumpkin, mixed quinoa, brown rice, corriander, sunflower seeds & Thai orange dressing (separate)	\$30.00

\*\*\*Gluten Free available - \$1.00 extra per kilo

### Fruit Based Products

<b>Wedges</b>	<b>Price/kg</b>
Watermelon	\$12.00
Pineapple	\$14.00
Honeydew	\$14.00
Rockmelon	\$14.00
<b>Fruit Salad</b>	\$18.00
Watermelon, rockmelon, honeydew, pineapple, orange & apple	

### Perfect for healthy dip platters

	<b>Price/kg</b>
Carrot Baton	\$11.00
Celery Baton	\$14.00
Cucumber Baton	\$14.00
Zucchini Baton	\$14.00
Broccoli Florets	\$15.00
Cauliflower Florets	\$15.00

### Vegetable Mixes

	<b>Price/kg</b>
<b>Soup Mix (6mm or 13mm)</b>	\$12.00
Potato, carrot, pumpkin & celery	
<b>Asian Stirfry</b>	\$16.00
Carrot, cauliflower, broccoli, celery, red onion, mixed capsicum, lemon grass	
<b>Roast Veg Mix (hand cut)</b>	\$15.00
Carrot, potato, pumpkin & sweet potato	
<b>Pasty Mix (6mm or 13mm)</b>	\$11.00
Potato, carrot & pumpkin	
<b>Casserole Mix (13mm)</b>	\$14.00
Carrot, celery, broccoli, cauliflower, swede, turnip & pumpkin	

### BBQ / Yiros / Burgers

	<b>Price/kg</b>
Onion Sliced	\$5.00
Onion Diced	\$5.50
Red Onion Sliced/ Diced	\$8.00
Lettuce Shredded	\$12.00
Tomato Sliced/Diced	\$15.00
Potato Sliced	\$5.50

## 24 Hours notice of order is required

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

Collection times are: 7.30am - 2.30pm Mon to Fri  
7.30am - 10.30am Saturday

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

#### Disclaimer

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. While we take steps to minimise risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur, as factors beyond our reasonable control may alter the formulations of the food we serve, or manufacturers may change their formulations without our knowledge.