



Springfresh Salads

U1 10 Desmond Ave, Marlestone SA 5033

Salad & Vegetable Price List October 2025

PRODUCTS AVAILABLE IN WHOLE INCREMENTS ONLY

		Price/kg
Dry Coleslaw (GF,VG)	Cabbage, carrot & parsley	\$11.50
Coleslaw Dressed (GF)	Cabbage, carrot, parsley, mayonnaise	\$12.50
Greek Coleslaw (GF,VG)	Green & red cabbage, carrot , corn, onion, capsicum, red onion & dressing	\$14.50
Gourmet Coleslaw (GF)	Green & red cabbage, carrot, spring onion, whole egg mayonnaise	\$14.50
Potato Salad ***	Potato, parsley, spring onion, mayonnaise	\$12.50
Potato & Ham ***	Potato, ham, celery, spring onion, capsicum, parsley, mayonnaise	\$13.50
Potato, Ham & Egg ***	Potato, ham, onion, capsicum, parsley, celery, sliced boiled egg, mayonnaise	\$16.00
Supreme Potato ***	Potato, celery, sliced boiled egg, red onion, mustard pickle, mayonnaise	\$16.00
Red German Potato ***	Red potato, parsley, spring onion, gherkin seeded mustard, mayonnaise	\$16.00
Red Potato Sour Cream ***	Red potato, chives, sour cream, mayonnaise	\$16.00
Greek Potato (GF,VG)	Potato, parsley, spring onion, lemon dressing (separate)	\$13.00
Curried Rice (GF,VG)	Rice, sultanas, spring onion, capsicum, peas, mild curry dressing	\$14.00
Shell Pasta	Shell pasta, parmesan cheese, gherkin, red onion, capsicum, tomato dressing	\$14.00
Spiral Pasta	Spiral pasta, ham, capsicum, chives, napolitana dressing	\$14.00
Ham & Cheese Pasta	Spiral pasta, corn, ham, cheese, chives, sour cream, mayonnaise	\$14.00
Creamy Elbow Pasta	Elbow pasta, red onion, celery, carrot, capsicum, sour cream, mayonnaise	\$14.00

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

		Price/kg
Waldorf ***	Hand diced apple, celery, walnut, mayonnaise	\$15.50
Greek Salad (GF)	Cherry tomato, cucumber, kalamata pitted olives, spanish onion, feta cheese, dressing (separate)	\$17.50
Tossed Salad (GF,VG)	Lettuce, kalamata olives, spanish onion, capsicum, carrot, cucumber, celery, cherry tomato, dressing (separate)	\$19.00
Gourmet Tossed (GF,VG)	Baby Cos Lettuce, cherry tomato, cucumber, red capsicum, spanish onion, kalamata pitted olives, dressing (separate)	\$21.50
Tabouli (VG)	Bourghul, parsley, spring onion, tomato, mint, dressing (separate)	\$15.50
Quinoa Tabouli (GF,VG)	Quinoa, parsley, tomato, cucumber, red onion, capsicum, mint & cumin dressing (separate)	\$18.50
Crunchy Noodle (VG)	Green and red cabbage, carrot, spring onion, fried noodles, slivered almonds, sweet dressing (separate)	\$18.00

GOURMET SALADS (2KG MINIMUM)

		Price/2kg
Bean (GF,VG)	Cooked assorted beans, chick peas, capsicum, spring onion, tomato, dressing	\$32.00
Seafood Salad ***	Seafood mix, prawns, celery, parsley, mayonnaise	\$32.00
Tuscan Shell	Pasta, spring onion, capsicum, sundried tomatoes, pitted kalamatta olives, napolitana sauce, garlic, parsley, tomato dressing	\$30.00
Caeser Potato Salad ***	Red potato,celery, ham, spring onion, seeded mustard parmesan cheese, garlic, salt & pepper, sour cream, mayonnaise	\$30.00
Asian Noodle	Thai noodle, capsicum, coriander, pad thai sauce	\$30.00
Hokkein Noodle	Hokkien noodle, carrot, capsicum, spring onion, sesame seeds, sweet chilli sauce	\$30.00
Corn ***	Cooked corn kernels, spring onion, capsicum, mayonnaise	\$28.00
Beetroot Quinoa (GF)	Quinoa, beetroot, spring onion, feta cheese & home made dressing (separate)	\$37.00
Thai Pumpkin Quinoa (GF)	Pumpkin, mixed quinoa, brown rice, corriander, sunflower seeds & Thai orange dressing (separate)	\$32.00

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

Fruit Based Products

Wedges	Price/kg
Watermelon	\$12.50
Pineapple	\$14.50
Honeydew	\$14.50
Rockmelon	\$14.50

Fruit Salad	\$18.50
Watermelon, rockmelon, honeydew, pineapple, orange & apple	

Perfect for healthy dip platters

	Price/kg
Carrot Baton	\$11.50
Celery Baton	\$14.50
Cucumber Baton	\$14.50
Zucchini Baton	\$14.50
Broccoli Florets	\$16.00
Cauliflower Florets	\$16.00

Vegetable Mixes

	Price/kg
Soup Mix (6mm or 13mm)	\$12.50
Potato, carrot, pumpkin & celery	

Asian Stirfry	\$17.00
Carrot, cauliflower, broccoli, celery, red onion, mixed capsicum, lemon grass	

Roast Veg Mix (hand cut)	\$16.00
Carrot, potato, pumpkin & sweet potato	

Pasty Mix (6mm or 13mm)	\$12.00
Potato, carrot & pumpkin	

Casserole Mix (13mm)	\$15.00
Carrot, celery, broccoli, cauliflower, swede, turnip & pumpkin	

BBQ / Yiros / Burgers

	Price/kg
Onion Sliced	\$5.00
Onion Diced	\$5.50
Red Onion Sliced/ Diced	\$8.00
Lettuce Shredded	\$12.50
Tomato Sliced/Diced	\$15.50
Potato Sliced	\$7.00

24 Hours notice of order is required

Place your order online at 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

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.