

SALADS

COBB SALAD

INGREDIENTS: free range boiled egg, white cheddar, avo, parmesan crisps, red pepper, rosa tomato, house greens, lemon caesar dressing, (lemon, mustard, garlic, olive oil, salt, pepper, worcestershire sauce, mayo, (contains free range egg))

HEALTHY FACT This salad has a great nutritional balance of healthy fats from avo, lean protein from the egg, high fiber carbohydrate from the raw corn and filled to the brim with nutrient dense veggies.



	WITH DRESSING		WITHOUT DRESSING	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	737	2800	545	1797
Protein (g)	7,3	27,7	8	26,5
Carbohydrate (g)	4	14	3	12
of which Total Sugar (g)	1,5	5,5	1,4	4,7
Total fat (g)	15,4	58,7	9,7	32
of which Saturated fat (g)	5,2	19,9	4,7	15,7
Dietary fibre (g)	1,7	6,4	1,9	6,2
Total Sodium (mg)	146	556	126	417

AVO KALE CAESAR

INGREDIENTS: avo, parmesan shavings, parmesan crisps, rosa tomatoes, kale, greens, lemon caesar dressing, (lemon, mustard, garlic, olive oil, salt, pepper, worcestershire sauce, mayo, (contains free range egg))

HEALTHY FACT The obvious star of this dish is kale, it is rich in fiber, vitamin C, A and K, and also a great source of plant chemicals (phytochemicals) that can help the function of the liver and protect against certain cancers.



	WITH DRESSING		WITHOUT DRESSING	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	738	1957	444	954
Protein (g)	5,4	14,4	6	13
Carbohydrate (g)	4	12	5	10
of which Total Sugar (g)	1,4	3,7	1	3
Total fat (g)	16,3	43,1	8	16
of which Saturated fat (g)	4,1	10,8	3	7
Dietary fibre (g)	2,2	5,9	3	6
Total Sodium (mg)	107	285	68	146

THAI CRUNCH

INGREDIENTS: free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame seeds, pickled ginger, house greens, thai peanut dressing (contains soy)

HEALTHY FACT You may have heard the saying eat the rainbow? This salad packs in all the colours of the rainbow from green broccoli, purple cabbage, red pepper and orange carrot to ensure a diversity of all the essential vitamins and minerals!



	WITH DRESSING		WITHOUT DRESSING	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	527	2068	440	1527
Protein (g)	7,9	31	8,6	29,8
Carbohydrate (g)	6	22	6	20
of which Total Sugar (g)	1,9	7,3	1,8	6,4
Total fat (g)	8,3	32,6	5,7	19,9
of which Saturated fat (g)	2,1	8,1	1,1	3,8
Dietary fibre (g)	1,9	7,6	2	7
Total Sodium (mg)	169	660	158	548

*Nutritional information for the products as ready-to-eat

SALADS

TUNA PROTEIN

INGREDIENTS: tuna with lemon olive oil dressing, free range boiled egg, green beans, carrot, rosa tomato, coriander, spring onion, house greens, lemon caesar dressing, (lemon, mustard, garlic, olive oil, salt, pepper, worcestershire sauce, mayo, (contains free range egg))

HEALTHY FACT This salad provides a great source of lean protein from egg, tuna and plant protein from green beans. It also sneaks in plenty of fiber and nutrients from the carrots, tomatoes, spring onion and greens!



	WITH DRESSING		WITHOUT DRESSING	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	600	2369	396	1367
Protein (g)	6,7	26,5	7,3	25,3
Carbohydrate (g)	4	14	3	12
of which Total Sugar (g)	1,7	6,6	1,7	5,7
Total fat (g)	12,1	48	6,2	21,3
of which Saturated fat (g)	2,1	8,4	1,2	4,1
Dietary fibre (g)	1,2	4,6	1,3	4,4
Total Sodium (mg)	143	563	123	425

CHIPOTLE STEAK

INGREDIENTS: grilled steak, cabbage, carrot, baby spinach, rosa tomatoes, coriander, smoked chipotle dressing (chipotle chili, apple cider vinegar, yoghurt, mayo, (contains free range egg))

HEALTHY FACT The purple cabbage in this salad not only adds beautiful colour but a boost of fiber too which helps maintain blood glucose and feeds the healthy bugs that live in your tummy.



	WITH DRESSING		WITHOUT DRESSING	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	559	1872	418	1151
Protein (g)	8,9	29,9	10,5	28,9
Carbohydrate (g)	5	18	5	13
of which Total Sugar (g)	3	10,1	2,2	6,2
Total fat (g)	8,8	29,6	4,7	13
of which Saturated fat (g)	2	6,8	1,6	4,3
Dietary fibre (g)	1,5	4,9	1,5	4
Total Sodium (mg)	168	564	65	178

PLANT POWER

INGREDIENTS: lentils, avo, cashews, orange, green beans, cabbage, rocket, curried sunflower seeds, kale, greens, vegan almond butter dressing (almond macadamia nut butter, apple cider vinegar, olive oil, dates, cayenne pepper, cumin, ginger, orange juice)

HEALTHY FACT The almond butter dressing and avocado in this dish add extra heart healthy fats!



	WITH DRESSING		WITHOUT DRESSING	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	744	3549	620	2648
Protein (g)	6,7	32,2	7,4	31,5
Carbohydrate (g)	15	74	15	66
of which Total Sugar (g)	4,2	20,1	3,8	16,4
Total fat (g)	9,1	43,5	5,1	21,8
of which Saturated fat (g)	5,2	24,7	0,7	2,9
Dietary fibre (g)	6,2	29,6	6,7	28,8
Total Sodium (mg)	116	554	114	488

*Nutritional information for the products as ready-to-eat