



CREATE YOUR OWN

Salad



AVAILABLE MONDAY - FRIDAY LUNCH

NAME:

DATE:

TABLE NUMBER:

STEP 1

CHOOSE YOUR LEAVES
(2 MAX)

- Spinach
- Cos
- Rocket
- Spring mix
- Iceberg



STEP 2

PICK ONE PROTEIN

- Ham
- Bacon
- Schnitzel
- Tofu
- Grilled Chicken
- Crumbed Calamari (+\$5)
- Grilled Steak 150g (+\$5)



STEP 3

STUFF YOUR SALAD
(CHOOSE UP TO 6 INGREDIENTS)

- Chickpeas
- Red Onions
- Broccoli
- Pumpkin
- Avocado
- Jalapeño's
- Cucumber
- Grape
- Tomato
- Mushrooms
- Carrot
- Corn
- Olives
- Black Beans
- Pickled Egg



STEP 4

CHOOSE ONE CHEESE

- Halloumi
- Goat Cheese
- Parmesan
- Feta
- Mozzarella



STEP 5

FRUITS, NUTS & SEEDS
(MAX 2)

- Almonds
- Sunflower Seeds
- Quinoa
- Flax Seeds
- Candied Walnuts
- Pine Nuts
- Chia Seeds
- Apple
- Grapes
- Dried Cranberries



STEP 6

ADD ONE CRUNCH

- Shallots
- Wasabi Peas
- Tortilla Strips
- Croutons
- Pepitas



STEP 7

HOUSE MADE DRESSING
(CHOOSE 1)

- Balsamic Vinaigrette
- Red Wine Vinaigrette
- Ceasar Dressing
- Spicy Sesame
- No Dressing



\$22

NON MEMBER

\$21

MEMBER