

## Fresh Seasonal Salads Menu

The Best Lunch Selection in Christchurch

Requires a minimum order for 10 people

\$7.50 pp

- Italian spiral pasta
- Traditional Caesar
- Honey roasted kumara, orange and date
- Creamy potato and egg
- Ranch slaw with red cabbage, spinach, toasted walnuts, sesame seeds
- Lemon herbed Tabbouleh with couscous or Lettuce
- Honey roasted vegetables with chickpeas and pumpkin seeds
- Asian peanut soy noodle
- Confetti orzo pasta
- Vegetarian egg noodle baby spinach with mustard and olive sesame oil tapenade
- Organic brown rice baby pea baby rocket with tamari miso dressing, garnished with toasted pumpkin sunflower seeds
- Vegan Tahini Buddha bowl seasonal vegetables + roasted tofu, turmeric hummus
- Roasted pumpkin, spinach green beans, feta, and roasted peppers **GF**
- Gluten Free sesame oil flat wide rice noodles, roasted quinoa, mesclun salad **V/GF**
- Spicy brown rice and toasted peanuts **V/GF**
- Gourmet salads **V/Keto/GF**
- Caramelised onion, potato, and avocado **V/GF**
- Israeli couscous and roasted vegetables **V**
- Prosperity Salad (Yee sang) **V/GF**

V – Vegan  
GF – Gluten Free

Prices are exclusive of GST valid from January 2022. Delivery service available – charges apply  
Our menus cover a wide range of tastes and styles, we can also compile a menu to suit any meeting, function, or occasion.

**“To eat is a necessity, but to eat intelligently is an art” – La Rochefoucauld**