

RED KITCHEN

RED KITCHEN SALAD AND VEGETABLE SELECTION

Stelline Pasta Salad

Currants, pinenuts, poppy seeds, capsicum, turmeric, black raspberry vinaigrette

Superfoods Beetroot

Fresh beet, garlic, chia seeds, Braggs cider vinegar, goji berries, cranberries, kelp, spinach

Raw Salad

Fennel, courgette, sunflower seeds, sesame seeds, red cabbage, fresh beetroot, feta

Little Shells Pasta

Sun-dried tomatoes, olives, cucumber, capers, artichokes, parmesan, mozzarella

Beet & Carrot

Beetroot, roasted carrots, mint, capers, tomatoes

Fire Roasted Corn

Toasted cumin, corn, lime, cherry tomatoes, red onion, coriander, chilli

Potato Bean & Crispy Bacon

Gourmet potatoes, beans, celery, Roquette, bacon, capsicum, parmesan

Smoked chicken & celery

Celery, free range smoked chicken, apricots, dates, walnuts

Panzanella

Italian tomato, bread, capers, basil, olives, cucumber, roasted capsicum

Quinoa with an ume plum dressing

Quinoa, walnuts, cranberries, spring onions, parsley

Broccoli & Bacon

Broccoli, bacon, sunflowers seeds, currants

Zucchini & smoked paprika salad

Beans, zucchini, sundried tomato, preserved lemon, pinenuts, smoked paprika drizzle

Cauli, cashew and feta salad

Cauliflower, cashew, feta, mint yoghurt dressing

Roast beet salad

Beetroot, red onion, poppy seed, spring onion, parsley

Roast pumpkin, orzo & feta

Orzo, pumpkin, sun-dried tomatoes, roasted capsicum, spinach, feta, pumpkin seeds

RED KITCHEN

Moroccan Cous Cous salad

Cous cous, mint, parsley, apricots, capsicum, red onion, lemon, currants, olives, cumin, sesame seeds, pinenuts

Israeli Cous Cous with tuna

Israeli cous cous, tuna, celery, corn, lemon, spring onion, carrots, capers, egg, capsicum

Carrot & Barley Salad

Pearl barley, carrots, cumin, pinenuts, raisin, dates, oranges, coriander, parsley

Revive Chickpea Salad

Chickpeas, cumin, beans, carrots, sultanas, dates, parsley

Roast Pumpkin, Chorizo & Barley

Pearl barley, pumpkin, kidney beans, chorizo, sun-dried tomatoes, spinach

Quinoa, Chicken & Grape Salad

Quinoa, chicken, beans, red onion, dates, grapes, hazelnuts

Spaghetti Courgette

Lemon, pesto, mint, capsicum, sun-dried tomatoes, toasted almonds

Roast Vege Medley

Potatoes, kumara, carrots, red onions, beans, baby spinach, smoked tomato hollandaise

\$50 | SIZE ONE

\$120 | SIZE TWO