



GRAIN

Salads

Vegetarian Caesar

Cos lettuce, cherry tomatoes, green beans, snow peas, cucumber, bocconcini, crostini's and parmesan finished with a light basil dressing.

Chargrilled Vegetable Salad

Chargrilled zucchini, asparagus, capsicum & button mushrooms, sauté baby potato, water spinach, ricotta cheese, olive oil & white wine vinegar dressing. (v) (g)

Spiced Indian legume salad

Slice red onion, cucumbers, tomato cheeks, slice radish, blanched lentils, picked coriander leaves. (v) (g)

Rocket and pear salad

with watercress and fennel. (v) (g)

Blistered corn salad

served with roasted cauliflower and bean salad with a honey mustard dressing. (v) (g)

Super human salad

avocados, broccoli, red rice, pepita seeds, dried cranberries, boiled egg, grilled salmon, kale, kiwifruit, mixed with a chili, caramel dressing.

Caesar salad

Cos lettuce, crispy bacon, garlic croutons, shaved parmesan, aioli, anchovies, grilled free range chicken and a poached egg.

Grilled prawn salad

With cucumber, crispy noodles, fresh orange, wakame and Asian greens.