



Springfresh Salads

U1/10 Desmond Avenue
MARLESTON SA 5033

Phone: (08) 8297 8282

Fax: (08) 8297 8284

Email: springfreshsalads@bigpond.com

www.springfreshsalads.com.au



PUBLIC NOVEMBER 2016 SALAD AND VEGETABLE PRICE LIST

		Price/Kg	500gm Container
Dry Coleslaw	Cabbage, carrot & parsley	\$7.40	N/A
Coleslaw Dressed	Cabbage, carrot, parsley, mayonnaise	\$7.90	\$4.70
Greek Coleslaw	Green & red cabbage, carrot, corn, onion, dressing	\$9.90	\$5.70
Gourmet Coleslaw (GF)	Green & white cabbage, carrot, spring onion, whole egg mayonnaise	\$9.40	\$5.45
Potato Salad	Potato, parsley, spring onion, mayonnaise	\$8.60	\$5.00
Potato & Ham	Potato, ham, celery, onion, capsicum, parsley, mayonnaise	\$9.50	\$5.55
Potato, Ham & Egg	Potato, ham, onion, capsicum, parsley, celery, sliced boiled egg, mayonnaise	\$9.90	\$5.70
Supreme Potato	Potato, celery, sliced boiled egg, onion, mustard pickle, mayonnaise	\$9.90	\$5.70
Red German Potato	Red potato, parsley, spring onion, gherkin seeded mustard, mayonnaise	\$9.90	\$5.55
Red Potato Sour Cream	Red potato, chives, sour cream, mayonnaise	\$9.90	\$5.55
Greek Potato	Potato, parsley, spring onion, dressing	\$8.60	\$5.00
Curried Rice	Rice, sultanas, spring onion, capsicum, peas, mild curry dressing	\$9.90	\$5.70
Tropical Rice	Rice, pineapple, capsicum, carrot, onion, corn, peas, dressing	\$9.90	\$5.70

		Price/Kg	500gm Container
Shell Pasta	Pasta, parmesan cheese, gherkin, onion, capsicum, tomato dressing	\$9.90	\$5.70
Spiral Pasta	Pasta, ham, capsicum, chives, napolitana dressing	\$9.90	\$5.70
Ham & Cheese Pasta	Pasta, corn, ham, cheese, chives, sour cream, mayonnaise	\$9.90	\$5.70
Curry Pasta	Pasta, spring onion, carrot, capsicum, mild curry mayonnaise dressing	\$9.90	\$5.70
Creamy Elbow Pasta	Pasta, onion, celery, carrot, capsicum, sour cream, mayonnaise	\$9.90	\$5.70
Greek Salad	Cherry tomato, cucumber, kalamata pitted olives, spanish onion, feta cheese, dressing	\$12.50	\$7.00
Tossed Salad	Lettuce, kalamata olives, onion, capsicum, carrot, cucumber, celery, chery tomato, Italian dressing (separate)	\$12.90	
Gourmet Tossed	Baby Cos Lettuce, cherry tomato, cucumber, red capsicum, spanish onion, kalamata pitted olives, dressing	\$15.50	
Tabouli	Bourghul, parsley, spring onion, tomato, mint, dressing	\$11.90	\$6.70
Waldorf	Hand diced apple, celery, walnut, mayonnaise	\$10.90	\$6.20
Crunchy Noodle	Green and red cabbage, carrot, spring onion, fried noodle, roasted almonds, sweet dressing	\$12.50	

GOURMET SALADS (2KG MINIMUM)

		Price/kg
Bean	Cooked assorted beans, chick peas, capsicum, spring onion, tomato, dressing	\$12.50
Seafood Salad	Seafood mix, prawns, celery, parsley, mayonnaise	\$12.50
Pesto Pasta	Pasta, slivered almonds, tomato, veg oil, basil & garlic pesto sauce, salt & pepper	\$11.90
Tuscan Shell	Pasta, spring onion, capsicum, kalamata pitted olive, sundried tomato, napolitana sauce, garlic, parsley, dressing	\$10.90

		Price/kg
Penne Pasta	Penne pasta, sundried tomato, capsicum, shaved parmesan, napolitana sauce	\$12.90
Caeser Potato Salad	Whole Tiny potato, celery, ham, spring onion, seeded mustard, parmesan cheese, garlic, salt & pepper, creamy mayonnaise	\$11.90
Mexican Potato	Red Potato, beans, spring onions, corriander, jalepenos, perinaise	\$11.90
Asian Noodle	Thai noodle, capsicum, coriander, pad thai sauce	\$11.00
Hokkein Noodle	Hokkien noodle, carrot, capsicum, spring onion, sesame seeds, sweet chilli sauce	\$11.00
Yam Cous Cous	Sweet potato, chickpeas, sundried tomato, sambel oelek, cous cous, parsley, dressing	\$14.90
Corn	Cooked corn kernels, spring onion, capsicum, mayo	\$9.90
Chickpea Salad	Chickpeas, tomato, cucumber, parsley, dressing	\$12.50
Beetroot Quinoa	Quinoa, beetroot, spring onion, feta cheese & home made dressing	\$15.00
Quinoa Tabouli	Quinoa, parsley, tomato, cucumber, red onion, mint, capsicum & cumin lemon dressing	\$15.00
Vermicelli Noodle	Vermicelli Noodles, red and white cabbage, carrot corriander, mint, spring onion and thai dressing	\$12.00

PICK UP TIMES:

Monday - Friday 7.00am - 2.30pm
Saturday 7.30am - 10.30am

*** 24 hours notice of order is appreciated ***



VEGETABLE PRODUCTS

	Price/kg		Price/kg
Broccoli		Mushroom	
Flowerettes	\$8.00	Sliced / Diced	\$12.20
Cauliflower		Spring Onion	
Flowerettes	\$6.50	Sliced	\$20.00
Celery		Sweet Potato	
Sliced / Diced	\$7.25	Whole Peeled	\$5.50
Hand Cut Baton	\$7.50	Roast Cut	\$6.00
		Diced 6mm or 13mm	\$6.00
Carrot		Zucchini	
Whole Peeled	\$3.70	Baton 13mm	\$7.70
Roast Cut	\$5.00	Sliced / Diced	\$8.00
Hand Cut Baton	\$6.00		
Sliced	\$4.60	Cabbage	
Julienne	\$4.70	Shredded	\$4.10
Diced 6mm or 13mm	\$4.60	Red Shredded	\$6.00
Potato		Spinach	
Whole Peeled	\$2.90	Shredded	\$5.60
Roast Cut	\$3.40		
Diced 6, 12 or 20mm	\$4.00	Capsicum	
Sliced	\$4.00	Mixed Diced / Sliced	\$9.50
Diced & Cooked	\$5.00		
Pumpkin		Pasty Mix 6mm or 13mm	\$6.00
Roast Cut	\$4.20	Potato, carrot, pumpkin	
Diced 6mm or 13mm	\$5.50		
Sliced	\$5.50	Asian Stirfry	\$8.90
		Carrot, cauliflower, broccoli, celery, capsicum, snowpeas/green beans, spanish onion, lemon grass, chilli	
Onion		Soup Veg (13mm)	\$7.00
Whole Peeled	\$3.50	Potato, carrot, pumpkin, celery	
Sliced / Diced	\$4.00		
Baby Whole Peeled	\$6.50	Roast Veg	\$6.00
Sliced Red Onion	\$6.00	Carrot, potato, pumpkin, sweet potato	
Lettuce		Casserole Veg	\$7.00
Shredded	\$7.00	Carrot, celery, broccoli, cauliflower, swede, turnip, pumpkin	
Tomato			
Sliced / Diced	\$8.40		

FRUIT BASED PRODUCTS

Products	Price/Kg
Watermelon (wedges)	\$6.00
Pineapple (wedges)	\$7.50
Rockmelon (wedges)	\$10.00
Honeydew Melon (wedges)	\$10.00
Fruit Salad	\$9.80
Orange, seedless watermelon, rockmelon, honeydew, pineapple	
Fruits may vary due to seasonal conditions.	