



239 Nicklin Way, Warana Sunshine Coast QLD 4575

**CAFE ■ DELI ■ MARKET**

Available in the cafe & deli every day, our salads are made using quality ingredients. Vegetables are roasted in macadamia oil & finished with Murray River salt. Our dressings are all handmade.

## FROM THE DELI

### POTATO SALAD

Roasted chat potatoes & bacon dressed with creamy mayonnaise



### ROASTED VEGETABLE PASTA SALAD

Made with our fresh pasta, dressed with pesto & parmesan cheese



### RAW ZUCCHINI NOODLE SALAD

Sun-dried tomatoes, smoked mushrooms & fresh herbs with supergreen dressing



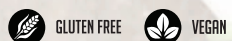
### QUINOA TABOULEH

Traditional tabouleh with a quinoa twist



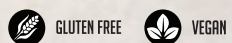
### SUMMER BROWN RICE

With roasted cauliflower, mango, coconut chutney & fresh coriander



### ASIAN SLAW

With sweet chilli dressing



### HOUSEMADE COLESLAW



## FROM THE CAFE

### CHICKEN CAESAR SALAD

Traditional caesar with chicken breast, avocado, free range eggs, bacon strips, shaved parmesan & our own caesar dressing (*no croûtons here... we've swapped them out with delicious, good for you avocado*)



### ROASTED PUMPKIN & BEETROOT SALAD

With feta and sun-dried tomatoes, tossed with baby spinach leaves



### HARISSA CAULIFLOWER & BLUE CHEESE SALAD

Green beans, oven roasted tomatoes finished with blue cheese dressing



### SPICY MEATBALL SALAD

Roasted pumpkin, sun-dried tomatoes, pine nuts & feta tossed with cos leaves & finished with yoghurt dressing

### PEAR & SWEET POTATO SALAD

Crispy prosciutto, feta & tossed with rocket & lemon dressing



### PESTO CHICKEN SALAD

Oven baked chicken breast with roasted pumpkin, avocado, walnuts tossed with baby spinach



### PUMPKIN & COUSCOUS SALAD

Roasted pumpkin with cumin seeds, semi-dried tomatoes tossed with couscous & lemon zest



## SALAD

# MENU

## SALADS MADE FRESH EVERY DAY

With health & fitness in mind, our nutritious salads make for the perfect lunch or addition to the weekend bbq or evening meal

Visit the website

[www.bfresh.com.au](http://www.bfresh.com.au)

