

Create-a-salad

Bored of the same old salad?
With this easy to use list you can create your own delicious salad and never feel bored or unsatisfied again

SALAD BASE

iceberg lettuce
kale
english spinach
baby spinach
romanine lettuce
wombok
rocket

endive
cos lettuce
radicchio
mustard leaves
collard greens
butterhead
lettuce
watercress

brown rice
quinoa
freakah
noodles
pasta
potato
sweet potato

ADD-INS

tomato
cherry tomato
cucumber
capsicum
snow peas
corn
mango
apple
pear
radish

beetroot
orange
onion
roast vegetables
asparagus
bean sprouts
celery
mushrooms
carrot
rockmelon

pumpkin
pineapple
peach
squah
nectarine
apricot
fennel
bean sprouts
avocado
watermelon

PROTEIN

chicken
eggs
lamb
beef
turkey
pork
tofu

chick peas
kidney beans
4 bean mix
black beans
lentils
borlotti beans
canneloni beans

prawns
fish
salmon
oysters
mussels
calamari
tuna

EXTRAS & DRESSING

nuts
seeds
cranberries
sultanas
cheese
olives
alfalfa sprouts
water chestnut

pomegranate
croutons
crispy bacon
crunchy noodles
prosciutto
mint
figs
chorizo

Olive oil
Sesame oil
garlic
lemon juice
ginger
yoghurt
lime juice
Mustard
mayonnaise
Herbs
Spices