

## SALAD MENU

### Classic Salads

#### Apple, Peach & Nut

Delicious coleslaw with apples, peaches and peanuts in light salad mayonnaise

#### Celery, Apple & Cheese

Crunchy celery pieces with diced green apples and mature cheddar cheese in creamy mayonnaise

#### Celery, Nut & Sultana

Shredded cabbage, diced celery, peanuts and juicy sultanas in light mayonnaise

#### Cheese Coleslaw

Cabbage, carrot and onion with a delicious mature cheddar cheese in smooth salad mayonnaise

#### Coleslaw

Consistently reliable coleslaw of cabbage, carrots and onions in light mayonnaise

#### Five Bean Salad

A blend of kidney beans, black eye beans, chickpeas, haricot beans and green beans with onions, peppers and sweetcorn in delicious vinaigrette dressing

#### Florida Salad

Fruity coleslaw with apples, mandarins, pineapples and cherries

#### Pasta Salad

Pasta and mixed vegetables in creamy mayonnaise

#### Potato Salad

Diced cooked potatoes with onions and parsley

#### Prawn Salad

Succulent cooked cold water prawns in coleslaw with a seafood dressing

#### Red Cheese & Pineapple

Delicious sweet and savoury coleslaw with mature red cheddar cheese and diced pineapple

#### Vegetable Rice Salad

Cooked white rice with peppers, carrots, onions, peas and sultanas in light French dressing

#### Vegetable Salad

Diced, cooked potatoes and mixed vegetables in delicious salad mayonnaise

### Luxury Salads

#### Carrot & Nut Salad

Shredded carrots and blanched peanuts in delicious sweet & sour dressing

#### Harvard Beetroot

Freshly cooked home-grown diced beetroot in sweet & sour dressing

#### Luxury Coleslaw

Shredded cabbage, shoestring carrots and diced onions in rich and creamy mayonnaise

#### Luxury Potato Salad

Large diced "skin on" potato with diced red onion and parsley in rich mayonnaise

#### Potato & Mint Salad

Diced cooked potatoes and onions with mint in light mayonnaise

#### Sweetcorn & Peppers

Succulent corn kernels and diced mixed peppers in smooth mayonnaise

#### Waldorf Salad

Cabbage, celery, apple, sultanas and walnuts in smooth mayonnaise

### Mediterranean

#### Greek Salad

Diced cucumber with sliced red and green peppers, feta cheese and black olives in simple oil and vinegar dressing

#### Herby Tomato Pasta Salad

Cooked pasta twists with slow roasted tomatoes, olives, mozzarella and feta cheese in herby tomato sauce

#### Pasta & Cheese Salad

Pasta twists with mixed vegetables and mature cheddar cheese in light mayonnaise

#### Pasta & Ham Salad

Pasta twists with vegetables and delicious smoked gammon in creamy mayonnaise

#### Pasta Italienne

Pasta twists with mixed peppers, sweetcorn and onions in herby tomato dressing

#### Pasta with Prawn & Tuna

Fusilli pasta with cooked cold water prawns and flaked tuna in light mayonnaise

#### Pesto pasta

Fusilli pasta tossed in a delicious nut free green pesto and olive oil dressing

#### Tricolour Pasta Salad

Three coloured pasta twists with mixed peppers, sweetcorn and mixed herbs in light mayonnaise

### A Taste of the East

#### Cous Cous & Chargrilled Vegetables

Cous cous with mixed chargrilled vegetables in lightly spiced tomato dressing

#### Curried Rice Salad

Cooked yellow rice and vegetables in creamy curried dressing

#### Curried Potato Salad

Diced cooked potatoes and onions in delicious curried mayonnaise

#### Tabouleh

Cracked wheat with red peppers, diced cucumber, onions and mint in lemony vinaigrette

#### Thai Noodles

Cooked noodles with oriental vegetables in a fragrant Thai style dressing

### The Americas

#### Caribbean Rice

Cooked yellow rice with vegetables and fruit in delicious vinaigrette

#### Mexican Rice

Cooked white rice with peppers and sultanas in chilli dressing

#### Spicy Tomato Pasta Salad

Pasta twists with mixed peppers, sweetcorn and onions in spicy tomato dressing

### Healthy Options

#### Brown Rice Salad

Nutty brown rice with peppers, sweetcorn and chives in a light French dressing

#### Reduced Calorie Coleslaw

Traditional coleslaw with all the taste and a fraction of the calories

#### Reduced Calorie Potato Salad

Skin on potatoes, red onions and parsley in light, light mayo

#### White & Wild Rice Salad

A tasty mix of cooked white and wild rice with mixed peppers, sweetcorn, onions and sultanas in light vinaigrette