

SALADS

Couscous salad

Olive oil, Red wine vinegar, green onions Salt & pepper, fresh tomatoes, cucumbers, Ground turmeric, oregano, mint Red kidney beans, goat cheese, Green peppers, couscous

Beans Salad

Red peppers, green onions, Red onions, cilantro, Cucumber, Corn
Bean medley (red beans, Romano beans, chickpeas, white beans) Salt and pepper
Dressing: avocado

Qunioa Salad

Black beans, organic quinoa, Corn, Red peppers, Fresh mango, Red onions, Jalapeño peppers
Dressing: olive oil, garlic, cumin, lemon juice, chilli powder and ground turmeric

Rainbow Pad Thai Salad

Sliced zucchini, Carrots, Red peppers, Red and white cabbage, Green onions, Sesame seeds
Dressing: garlic, peanut butter, lime juice, tamari, maple syrup, toasted sesame oil, ginger, water

Greek Salad

Red peppers, Green peppers
Cucumbers, Red onions, Grape tomatoes, Feta cheese and olives

Dressing: Oregano greek dressing

Chickpea & Artichoke Salad

Chickpea, Artichoke hearts, Grape tomatoes, Green onions, Roasted tomatoes, Cilantro
Dressing: lemon juice, Dijon & olive oil

Sweet Kale

Broccoli sprouts, Brussels sprouts, Green cabbage, Kale, Chicory Dried cranberries

Dressing: egg yolk, sugar, poppyseed, orange juice, cider vinegar and salt