



Salads

Quinoa salad – roast vegetables with spinach, orange & cranberry dressing (v)

Chicken waldorf salad – green & red delicious apples with celery, cabbage, walnut & grapes with a yoghurt & mayonnaise dressing

Roast Eggplant salad with mixed herbs with Cheery Tomato & Sun dried Tomato balsamic dressing (v) (vg)

Pesto & roasted pumpkin pasta salad – spinach Persian feta & pine nuts with a pesto & light sour cream dressing (v)

Grain salad with yoghurt pomegranate – coriander, parsley, spanish onion, freekah, lentils, toasted pumpkin seeds, slithered almonds, pine nuts & baby capers dressed with honey yoghurt & cumin (v)

Tuna nicoise salad – green & yellow beans with black olives, potato, medley of tomatoes, fresh basil & lemon evo dressing

Green garden salad – broccoli, asparagus, snow peas & zucchini ribbons with spinach & dukkah dressing (v) (vg)

Sausage & potato salad – baby fennel, flat leaf parsley, spring onions & wild rocket with a seeded mustard mayonnaise dressing

Kale salad- pecorino cheese with walnuts roasted breadcrumbs & golden raisins with a white wine vinegar dressing (v)

Roasted vegetable Salad – spinach wholegrain mustard & lemon dressing pumpkin, potato, spanish onion, carrot & parsnip (v) (vg)

Asian Noodle Salad – Rice Noodle, Carrot, Capsicum, Peas, Red Onion, Sweet Corn, Broccoli, Mint, Coriander, Basil, Parsley, Garlic, Ginger, with a Sesame oil Sweet Soy & Chilli dressing. (v)

Panzanella salad – Assorted medley of tomatoes with fresh basil, mint, Fior Di Latte Cheese & crusty toasted bread (v)

(v) – Vegetarian (vg) - Vegan Available (gf) - Gluten Free Available

m: 0406606301 e: eat@twoboysandapot.com.au

w: www.twoboysandapot.com.au f: facebook.com/twoboysandapot

i: @twoboysandapot



Chicken schnitzel salad – cherry tomatoes, avocado cos lettuce & cucumber with lemon & olive oil dressing

Roasted beetroot salad – Persian feta, spinach, walnut & dried glaze figs (v)

Tabouli & moroccan lamb salad – tomato, cucumber, mint, parsley, yoghurt & lemon dressing

Cous Cous & chickpea salad – raisins, carrot, red capsicum, red onion, olive oil & lemon dressing with cumin and coriander (v) (vg)

Garden Salad – Lettuce, Tomato, cucumber, Spanish onions, olives, carrot with an EVO dressing

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