

Step 1: Choose Your Salad Base

- Mixed Salad Base & 5 Basic Toppings (\$7.00)
- Spinach Base & 5 Basic Toppings (\$8.00)
- No Base & 6 Basic Toppings (\$7.00)

Step 2: Choose Your 5 Basic Toppings

(Additional topping @ \$1.00)

CARBS

- Brown Rice
- Pasta (Fusilli)
- Boiled Potato
- Roasted Pumpkin
- Soba Noodles
- Sweet Potato

FRUITS

- Aloe Vera
- Green Apple
- Orange
- Pineapple

DRY MIXES

- Almonds
- Cashew Nuts
- Cranberry
- Croutons
- Mixed Nuts & Seeds
- Pumpkin Seeds
- Raisins
- Sunflower Seeds
- Walnuts

MISC MIXES

- Baby Kale
- Baby Spinach
- Beetroot
- Black Fungus
- Broccoli & Cauliflower
- Button Mushrooms (Raw)
- Capsicum
- Carrot
- Celery
- Chickpea
- Coleslaw
- Corn
- Hard Boiled Egg
- French Bean
- Japanese Cucumber
- Red Kidney Bean
- Cherry Tomato
- Lotus Root
- Mixed Cabbage
- Sautéed Mushroom
- Black Olive Slices
- Onion Slices
- Peasprouts
- Seaweed
- Tang Hoon (Vermicelli)
- Tofu

Step 3: Choose Your Premium Topping (Optional)

- BBQ Chicken +\$1.50
- Boiled Chicken +\$1.50
- Cajun Chicken +\$1.50
- Teriyaki Chicken +\$1.50
- Smoked Salmon +\$2.00
- Crabstick +\$1.00
- Tuna Flakes +\$1.50
- Turkey Ham +\$1.50
- Cheesy Sausage +\$1.00
- Smoked Duck +\$1.50
- Feta Cheese +\$1.50
- Cheddar Cubes +\$1.50

Step 4: Choose One Type of Dressing

- Separate Container (+\$0.10)**
- Additional Cup of Dressing (+\$1.00)**
- Additional Dressing in Salad (+\$0.50)**

CREAMY DRESSING

- Japanese Sesame
- Thousand Island
- Creamy Italian
- Caesar
- Wasabi Mayo
- Asian Spicy

LIGHT DRESSING

- Honey Mustard
- Honey & Soy
- Balsamic & Olive Oil
- Olive Oil
- Lemon Zest & Olive Oil
- Italian Vinaigrette
- Thai Lemongrass & Chilli
- Yuzu & Soy
- Honey Balsamic
- Wasabi Soy
- Basil & Garlic
- Cilantro Lime

Regular: 1 Protein + 5 Toppings
(\$10.50)

Large: 2 Protein + 5 Toppings
(\$13.00)

X-Large: 3 Protein + 5
Toppings (\$15.50)

Step 1: Choose Your Protein

BBQ Chicken

Thai Grilled Chicken

Chicken Breast

Beef (+\$2.50)

Salmon (+\$3.00)

Saba Fillet (+\$1.50)

Vegetarian

Teriyaki Tofu

Baked Egg & Spinach

Step 2: Choose Your 5 Basic Toppings
(Additional topping @ \$1.20)

COMPLEX CARBS

Brown Rice

Pasta (Fusilli)

Soba Noodles

Mashed Potato

Roasted Pumpkin

Sweet Potato

MISC MIXES

Roasted Cherry Tomato

Corn

Carrot

Edamame

Roasted Capsicum

Egg White

Sautéed Mushrooms (+\$0.50)

Caramelised Onion

Nori Stem (+\$0.50)

Sous Vide Egg

Curried Chickpea

Black Olive Slices

Broccoli

French Bean

Cauliflower Rice

Pickle

Romaine Lettuce

Baby Kale (+\$1.00)

Baby Spinach (+\$1.00)

Feta (+\$1.00)

Guacamole (+\$1.00)

Cheddar Cubes (+\$1.00)

Quinoa (+\$1.00)

DRY MIXES

Mixed Nuts & Seeds

Almonds

Walnuts

Cranberry

Step 3: Choose One Type Of Dressing

Separate Container
(+\$0.10)

50% More Dressing

50% Less Dressing

CREAMY DRESSING

Japanese Sesame

Cilantro Lime

LIGHT DRESSING

Yuzu & Soy

Lemon Zest & Olive Oil

Olive Oil

Wasabi Soy

Honey Mustard

Thai Lemongrass & Chili

Sriracha Chili

Balsamic & Olive Oil

Basil & Garlic