

Soul Kitchen

Salad Options

Green Salad

Baby leaf lettuce with tomatoes, cucumber, capsicum and red onion, with mustard herb vinaigrette

Greek-inspired Orzo

with heritage cherry tomatoes, black olives, capsicum and fresh basil, dressed with basil and oregano red wine vinaigrette

Chickpea and White Bean with Roasted Pumpkin and Red Onion

with our famous tahini maple dressing

4C's Salad

Carrot, Coriander, Cashews and Coconut and orange honey dressing

Ranch Slaw

Colourful and dressed with our own tangy slaw dressing

Quinoa and Roasted Mediterranean Veg

with Roasted Garlic Vinaigrette

Potato and Egg

a Kiwi classic, done right. . . , gourmet potatoes, hard-boiled egg, chives and top-quality mayo. Simple and so good!

Pickled Beetroot, Puy Lentil and Cheddar

Garnished with baby spinach, dill and parsley and finished with a fruity olive oil

Falafel and Israeli Couscous

Our housemade falafel balls with Israeli couscous, packed with toasted nuts and seeds, dried apricots and dates, and finished with our tahini maple dressing on the side to drizzle and dip

Grilled Cauliflower Salad

With carrot, peanuts and sultanas, fresh parsley and a drizzle of sesame