

# SOUL KITCHEN

## Salads

### **Greek-inspired Orzo**

*with roasted red peppers, black olives, green capsicum and fresh basil, dressed with basil and oregano vinaigrette*  
3pp

### **Chickpeas and White Beans, with Roasted Pumpkin and Red Onion**

*with our famous tahini and maple dressing*  
3.20pp

### **4C's Salad**

*Carrot, Coriander, Cashews and Coconut with orange honey dressing*  
3.20pp

### **Ranch Slaw**

*Colourful and dressed with our own tangy slaw dressing*  
3pp

### **Quinoa and Mediterranean Roasted Veges**

*(courgette, mushroom, capsicum, red onion, eggplant) with Roasted Garlic Vinaigrette*  
5.10pp

### **Potato and Egg**

*a Kiwi classic, done right... top quality mayo and sour cream, gourmet potatoes, hard boiled egg and chives. Simple and so good!*  
3.70pp

### **Israeli Couscous**

*Israeli couscous, packed with toasted nuts and seeds, dried apricots and dates, plenty of fresh herbs finished with our tahini maple dressing on the side to drizzle and dip*  
3.80pp

### **Beetroot, Puy Lentil and Cheddar**

*Pickled baby beetroot, with puy lentils, cheddar cheese, baby spinach, fresh dill and parsley, finished with an olive oil drizzle*  
3.80pp

### **Courgette, Asparagus, Feta Salad** (seasonally available only)

*With toasted slivered almonds, fresh mint, dressed with a lemon olive oil dressing*  
4pp

### **Grilled Cauliflower**

*Spiked with peanuts, Italian parsley, sultanas and sesame dressing*  
3.40pp