



Membership No.

CREATE YOUR OWN SALAD

1 + 2 + 4 \$88

1 **The Greens** choose one

- | | |
|---------------------------------------|--|
| ☐ Baby spinach | ☐ Iceberg lettuce |
| ☐ Rocket | ☐ Romaine lettuce |

2 **Add 4 Toppings** Additional \$16 per item

Vegetables

- | | |
|---|---------------------------------------|
| ☐ Asparagus | ☐ Celery |
| ☐ Beetroot | ☐ Cucumber |
| ☐ Sweet corn | ☐ Bell peppers |
| ☐ Grated carrot | ☐ Tomatoes |
| ☐ Black olives | ☐ Green beans |
| ☐ Broccoli | ☐ Red onion |
| ☐ Sun dried tomatoes | |

Fruits

- | | |
|---------------------------------|--------------------------------------|
| ☐ Apple | ☐ Mango |
| ☐ Pomelo | ☐ Pomegranate |
| ☐ Melon | ☐ Raisins |

Crunch

- | | |
|---------------------------------------|--|
| ☐ Bacon bits | ☐ Croutons |
| ☐ Chickpeas | ☐ Dried shallots |
| ☐ Kidney beans | ☐ Toasted almonds |

1 + 2 + 3 + 4 \$120

3 **Choose one**

- ☐ Grilled salmon
- ☐ Smoked salmon
- ☐ Tuna in oil
- ☐ Grilled prawns
- ☐ Roast chicken
- ☐ Tandoori chicken
- ☐ Smoked chicken

Add some deli ingredients?

- | | |
|---|---------------------|
| ☐ Parma ham | \$38 |
| ☐ U.S. bone ham | \$38 |
| ☐ Boiled egg | \$16 |
| ☐ Cheddar | \$20 |
| ☐ Feta | \$28 |
| ☐ Gruyère | \$38 |
| ☐ Mozzarella | \$40 |
| ☐ Parmesan | \$30 |
| ☐ Avocado | 1/2 \$23 whole \$42 |
| ☐ Quinoa | \$35 |
| ☐ Cottage cheese | \$20 |

4 **And finally... choose your dressing**

- | | | |
|--|---|---|
| ☐ Balsamic & extra virgin olive oil | ☐ Goma | ☐ Thousand Island |
| ☐ Caesar | ☐ Italian | ☐ Dressing on the side |
| ☐ Honey yoghurt | ☐ Red wine vinaigrette | ☐ No dressing |