

# THE SALAD MENU



## CITRUS FENNEL AND AVOCADO SALAD

An assortment of citrus with fresh fennel, avocado, drizzled with a lovely raw honey, olive oil and red wine vinegar

## REVITALIZING & RAW CAULIFLOWER SALAD

Raw cauliflower grated into a fine "rice" and tossed with savory pine nuts, kale, parsley, basil, hemp seeds and pepitas. This mixture is tossed in a creamy dressing made with tahini, lemon juice, garlic, and seasonings

## GLOWING SKIN SALAD

A mixture of rocket, carrot, beetroot, cucumber, avocado, sunflower seeds, raw sliced almonds, and pumpkin seeds. This will be tossed in lemon, mustard, raw honey and avocado oil

## DETOX SALAD WITH LEMON DRESSING

Red cabbage finely sliced, kale, red pepper, broccoli, carrot, avocado, cashew nuts chopped, and sesame seeds. Served with a lemon juice, olive oil, fresh ginger and cayenne pepper dressing

## NEW YEAR DETOX SALAD

This amazing salad is made with quinoa, baby spinach, shredded red cabbage, broccoli florets, sweet potatoes, accompanied with olive oil, balsamic vinegar, cashew nuts and raw almond salad dressing

