

# MAKE *your* OWN SALAD

**\$10.90**

## STEP 1

Choose up to *three* bases

- LEAF**
- Mesclun
  - Baby Cos
  - Rocket
  - Hale
  - Baby Spinach
  - Winter Slaw Mix
- GRAIN**
- Du Puy Lentil
  - French Lentils
  - Black Rice Mix
  - Mixed Grains
  - 3 Colour Quinoa
  - Chickpeas
  - Root Veggies & Quinoa

## STEP 2

Add any *four* ingredients\*

- |                   |                           |
|-------------------|---------------------------|
| <b>VEGGIES</b>    | <b>CHEESE</b>             |
| Apple             | Fetta                     |
| Edamame Beans     | Parmesan                  |
| Broccoli          |                           |
| Black Bean Salsa  | <b>CRUNCH</b>             |
| Cucumber          | Tortilla Chips            |
| Carrot            | White Corn Tortilla Chips |
| Corn              | Chia Seeds                |
| Red Capsicum      | Pomegranate Seeds         |
| Tomato            | Roasted Pepitas           |
| Semi Dried Tomato | Almonds                   |
| Pickled Beetroot  | Crouton Crumbs            |
| Hale Hummus       | Parmesan Wafer (x2)       |
| Spring Onions     |                           |
| Fresh Mixed Herbs |                           |

## STEP 3

Add *one* delicious dressing

- Green Goddess**  
Herby & zesty. Avocado takes the place of some of the oil to make a delicious creamy dressing.  
362kJ/40ml (Ve) (GF) (DF)
- Honey, Lemon & Paprika**  
A citrus hit mellowed by honey. This dressing complements our grain salads.  
700kJ/40ml (V) (GF) (DF)
- Mexican Caesar**  
Creamy mayonnaise with the smokey warmth of chipotle chilli and a dash lime.  
892kJ/40ml (V) (GF) (DF)
- Roast Cumin**  
Aromatic & earthy.  
1080kJ/40ml (V) (GF) (DF)
- Bluebag Caesar**  
Our classic Caesar dressing.  
584kJ/40ml (GF)
- Olive Oil**  
Simple, aromatic & delicious.  
740kJ/20ml
- Red Goddess**  
Bursting with flavour! With roasted tomatoes, white balsamic vinegar and basil.  
412kJ/40ml (V)
- No Fat Balsamic**  
Engineered in our salad lab to give full flavour with no oil.  
57kJ/40ml (V) (GF) (DF) (LF)
- Lime & Jalapeño**  
Zesty & fresh with a jalapeño chilli kick and a hint of cumin.  
698kJ/40ml (Ve) (GF) (DF)
- Pesto**  
Fresh basil & pine nuts make this dressing a little taste of sunshine.  
693kJ/40ml (V) (GF) (DF)
- Lemon Squeeze**  
Easy peasy lemon squeezy with half a fresh lemon.  
17kJ/5ml
- Spicy Cashew**  
A plant based dressing made from cashews. Boasting punchy asian flavours.  
528kJ/40ml (V) (GF) (DF)
- Bluebag Hot Sauce**  
Our house made hot sauce specially designed to work well with our dressings.  
892kJ/40ml (V) (GF) (DF)

## EXTRAS

- Sous Vide Chicken Breast (free range) \$3.50
- Blackened Chicken Breast (free range) \$4.00
- Warm Chicken marinated in Lemon, Honey, Thyme, Chilli + Garlic (free range) \$4.40
- Hot Smoked Salmon \$5.00
- Sous Vide Beef (medium) \$4.95
- Chorizo \$3.30
- Tamari Marinated Tofu \$4.00
- Free Range Hard Boiled Egg \$1.80
- Oven Baked Falafel (x5) \$2.50
- Avocado \$2.00



Scan the QR code for a list of our other locations.

(V) vegetarian (Ve) vegan (GF) gluten free (DF) dairy free (LF) low fat

# BLUEBAG SALADS FEED *your* SOUL

**Winter Slaw**  
Hale + Red Cabbage  
+ Green Cabbage + Carrot  
Apple, Pickled Beetroot  
+ Almonds  
+ Tortilla Chips  
with Spicy Cashew Dressing  
2010kJ (V) (Ve)  
**Extras**  
Add Chicken \$3.00 298kJ  
**\$13.50**

**Mexicana Chicken**  
Baby Cos + Mesclun  
Red Capsicum, Corn  
+ Parmesan  
+ Tortilla Chips  
Sous Vide Free Range Chicken Breast  
with Mexican Caesar Dressing  
2510kJ  
**Extras:**  
Add Chorizo \$3.00 900kJ  
**\$13.00**

**Burrito Bowl**  
Baby Cos + Mesclun  
Black Rice Mix, Black Bean Salsa.  
(black bean, corn + capsicum)  
Tomato,  
+ White Corn Tortilla Chips  
with Lime & Jalapeño Dressing  
2560kJ (Ve) (GF)  
**Extras:**  
Add Tofu \$3.50 395kJ  
Add Chicken \$3.00 298kJ  
**\$12.00**

**Superfood**  
Hale + Rocket  
Quinoa, Broccoli, Edamame Beans,  
Red Capsicum, Spring Onion,  
Hale Hummus  
+ Fetta  
+ Sunflower, Pomegranate, Chia Seeds  
with Green Goddess Dressing  
1810kJ (V) (GF)  
**\$12.50**

**Harvest Bowl**  
Rocket + Baby Spinach  
Black Rice Mix,  
Pumpkin, Tomatoes  
+ Parmesan  
+ Roasted Pepitas  
Free Range Chicken Breast  
with Pesto Dressing  
3010kJ (GF)  
**\$13.50**

**Warm Chicken Meatball Salad**  
Warm Quinoa & Root Vegetables  
Chicken Meatballs cooked in  
Tomato & Capsicum Sauce  
Baby Spinach + Rocket  
Broccoli, Tomato, Parmesan  
+ Crouton crumbs & Parmesan Wafer  
with Pesto dressing  
+ Bluebag Hot Sauce  
2330kJ  
**\$14.80**

**Kale Caesar with Warm Chicken**  
Warm Free Range Chicken  
marinated in Lemon, Thyme, Chilli + Garlic  
Hale + Baby Cos  
Tomato  
+ Parmesan  
+ Crouton Crumbs & Parmesan Wafer  
+ Hard Boiled Egg  
with Caesar Dressing  
2530kJ  
**\$13.50**

**Garden Shovel**  
Rocket  
Du Puy Lentil + Pickled Beetroot,  
Carrot, Pumpkin,  
Fresh Herbs  
+ Fetta  
+ Roasted Pepitas  
with Roast Cumin Dressing  
2400kJ (V) (GF)  
**\$12.00**

**Falafel Salad**  
Rocket  
Mixed Grains, Red Capsicum,  
Cucumber, Tomato,  
Spring Onion + Fresh Herbs  
+ Fetta  
+ Pomegranate Seeds  
Oven Baked Falafel (x5)  
with Honey, Lemon & Paprika Dressing  
2120kJ (V)  
**\$12.00**

**Chicken Parma Salad**  
Baby Cos + Mesclun  
Tomato, Cucumber,  
Spring Onion, Carrot,  
+ Parmesan  
+ Crouton Crumbs  
Blackened Chicken Breast  
with Red Goddess Dressing  
1990kJ  
**\$14.00**

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