

U
N
I
T
E
D



Salad & Co. is all about
healthy food and sustainable diets.

We are here to help you to try 'REAL FOOD' that is
organic, fresh and tasty. Feel the difference that it makes
and enjoy the health benefits.



7668557634

Vegetarian Salads



• Farmers Salad

Rs. 220.00

Village salad with Salad greens, Tomato, Cucumber, Sweet bell peppers, Onion, Olives, Feta, Sweet corn, Mushroom, Broccoli, Red onion, Croutons.

Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt

Dressing : Mango Balsamic Vinaigrette

• Goat Cheese with Arugula and Avocado

Rs. 220.00

Arugula, Baby spinach, Red lettuce leaf, Avocado, Sliced apple, Sliced almonds, Goat cheese.

Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt

Dressing : Tomato Balsamic Vinaigrette

• Quinoa Tabbouleh & Veggies Salad

Rs. 200.00

Golden quinoa served with Salad greens, Iceberg lettuce, Chopped onion, Chopped tomatoes, Cucumber and Parsley.

Seasoning : Honey, Salt Pepper, Lime Juice, Olive Oil

Dressing : Honey Lemon Dressing

• Cottage Cheese & Grilled Veggies Salad

Rs. 240.00

Grilled Cottage Cheese with Salad greens, Broccoli, Mushroom, Bell pepper, Zucchini, Jalapenos, Olives, Sweet corn.

Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt

Dressing : Mustard Vinaigrette

• Three Bean Salad

Rs. 180.00

Red Kidney beans, Green beans and Chickpea with Salad greens, Iceberg, Lettuce, Red onion, Chopped tomatoes and Parsley

Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt

Dressing : Honey Lemon Dressing

• Mediterranean Brown Rice Carbs Salad

Rs. 200.00

Brown Rice served with Salad greens, Bell pepper, Parsley, Pomegranate, Chopped lettuce, Olives, Cherry tomatoes & Sun dried tomatoes

Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt

Dressing : Sweet Chilli Sauce Dressing

• Honey Bee Whole wheat Pasta Salad

Rs. 200.00

Whole Wheat Pasta served with Salad greens, Jalapenos, Black olives, Green olive, Cherry tomatoes, Iceberg lettuce, Red lettuce, Sweet corn, Parsley.

Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt

Dressing : Honey Mustard Dressing

Extra Toppings

- | | | | |
|-------------------------|-----------|---------------------------------|------------|
| ● Olives (Black/Green) | Rs. 30.00 | ● Almonds, Cashew & Walnut | Rs. 100.00 |
| ● Jalapenos | Rs. 30.00 | ● Cottage Cheese | Rs. 60.00 |
| ● Feta/Cheddar/Parmesan | Rs. 50.00 | ● Berries | Rs. 50.00 |
| ● Arugula | Rs. 50.00 | ● Seeds Mixture (Chia, Pumpkin) | Rs. 70.00 |

Non-Vegetarian Salads

- **Chicken Gado Gado Salad with Sprouts** Rs. 200.00
Grilled chicken, Sprouts, Iceberg lettuce, Red lettuce, Bell peppers, Red onion, Red cabbage, Parsley.
Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt
Dressing : Mustard Vinaigrette
- **Grilled Chicken Salad with Avocado** Rs. 240.00
Tender roasted chicken breast, Salad greens, Sweet bell peppers, Black olives, Onions, Carrots.
Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt
Dressing : Honey Mustard Dressing
- **Teriyaki Glazed Chicken Salad** Rs. 200.00
Japanese salad of Teriyaki chicken, Salad greens, Sweet bell peppers, Broccoli, Spring onion, Red radish, Cherry tomatoes, Sesame seeds.
Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt
Dressing : Teriyaki Sauce & Peanut Butter Dressing
- **Roca Tuna Salad** Rs. 220.00
Tuna Fish served with Salad greens , Iceberg lettuce, Red lettuce, Bell peppers, Onion, Cherry tomatoes, Carrot, Olives, Sun dried tomatoes, Red cabbage and Parsley.
Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt
Dressing : Tomatoes Balsamic Vinaigrette
- **Perfect Italian Chicken Salad with Boiled Eggs** Rs. 240.00
Grilled chicken, Iceberg lettuce, Red lettuce, Bell peppers, Onion, Cherry tomatoes, Green beans, Parsley, Avocado.
Seasoning : Oregano, Chilli Flakes, Black Pepper, Salt
Dressing : Italian Herbs Dressing

Extra Toppings

- | | | | |
|--------------------------------|-----------|---------------------------|------------|
| • Chicken | Rs. 50.00 | • Olives(Black/Green) | Rs. 30.00 |
| • Eggs | Rs. 20.00 | • Jalapenos | Rs. 30.00 |
| • Arugula | Rs. 50.00 | • Feta/Cheddar/Parmesan | Rs. 50.00 |
| • Cottage Cheese | Rs. 60.00 | • Almonds,Cashew & Walnut | Rs. 100.00 |
| • Seeds Mixture (Chia,Pumpkin) | Rs. 70.00 | • Berries | Rs. 50.00 |



Soups

• Tomato Basil Soup

Rs. 120.00

A time classic Tomato soup with Onion, Garlic, Carrot and Celery.

Seasoning : Salt Pepper

Dressing : Fresh Basil

Served with Garlic Bread / Serving Size (250ML Bowl, Serves 1)

• Minstrone Soup

Rs. 180.00

A thick tomato soup of italian origin made with Tomato Base and Onion, Garlic, Carrot and Celery, Exotic vegetables, Pasta, Parmesan cheese.

Seasoning : Oregano and Thyme

Dressing : Fresh Parsley

Served with Garlic Bread / Serving Size (250ML Bowl, Serves 1)

• Cream of Mushroom

Rs. 140.00

A thick creamy soup made with Cream base and Mushroom as main ingredients with Garlic, Butter, Vegetable stock, Cheddar Cheese.

Seasoning : Salt, Pepper and Thyme

Dressing : Fresh Parsley

Served with Garlic Bread / Serving Size (250ML Bowl, Serves 1)

• Cream of Chicken

Rs. 160.00

A thick creamy soup made with Cream base and Chicken as main ingredients with Garlic, Butter, Vegetable stock, Cheddar cheese.

Seasoning : Salt, Pepper and Thyme

Dressing : Fresh Parsley

Served with Garlic Bread / Serving Size (250ML Bowl, Serves 1)

• Chicken and Spinach Soup

Rs. 180.00

A thin clear soup made with Cilantro and Spinach base with Chicken, Garlic, Vegetable stock.

Seasoning : Salt and Pepper

Dressing : Cilantro

Served with Garlic Bread / Serving Size (250ML Bowl, Serves 1)





Oatmeal Bowls

- **Apple Pie**

Oats, Banana, Green apple, Honey, Cinamon powder and Almonds, Walnuts, Cashew, Chia seeds, Sunflower seeds.

Serving Size (500ML Bowl, Serves 1)

Rs. 220.00

- **Blueberry**

Overnight soaked oats served with Blueberries, Cranberry, Blackcurrants, Raisins, Figs, Banana, Chia, Sunflower & Pumpkin seeds.

Serving Size (500ML Bowl, Serves 1)

Rs. 240.00

Extra Toppings

- Almonds,Cashew & Walnut
- Seeds Mixture(Chia,Pumpkin,Sunflower)
- Berries (Cranberries, Blueberries, Black Currants)

Rs. 100.00

Rs. 70.00

Rs. 50.00

