



Salad Menu

9th July – 27th July 2018

TODAY'S SALAD (min 6) 10.30am – 2.00pm

We change our salad daily. Choose individual bowls or one large salad to share.

Individual Salad Bowl (v)	\$8
Shared Salad Box (v) (Ideal if you have your own plates)	\$8
Add Poached Chicken Breast (70g)	\$2.50 pp
Add Roast Beef (70g)	\$2.50 pp
Add Hot Smoked Salmon (60g)	\$3.50 pp
Add 2 x Boiled Eggs	\$2.50 pp

Week 1

Monday 9 th July	Greek Salad of Olives, Tomatoes, Cucumber, Red Onion, Feta, Oregano & Olive Oil (gf)
Tuesday 10 th July	Waldorf Salad with Walnuts, Apples, Grapes, Celery, Cos Lettuce, & Chive Mayo (gf) (df)
Wednesday 11 th July	Soba Noodles with, Red Cabbage, Mung Beans, Daikon, Capsicum & Soy Ginger Dressing (df)
Thursday 12 th July	Roasted Red Peppers, Capers, Baby Spinach, Artichokes, Lemon Ricotta & Balsamic Vinaigrette (gf df)
Friday 13 th July	Charred Broccoli, Kohlrabi, Mixed Sprouts, Toasted Almonds, Green Olives & Tahini Dressing (gf df)

Week 2

Monday 16 th July	Chickpeas, Green Beans, Pickled Red Onions, Sunflower Seeds, Sundried Tomato & Lime Dressing (gf df)
Tuesday 17 th July	Turmeric Carrots, Rocket, Pickled Cucumber, Toasted Kale, Orange Cardamom Dressing (gf df)
Wednesday 18 th July	Pinto Beans, Red Cabbage, Yellow Beetroot, Watercress, Lemon & Oregano Yoghurt Sauce (gf)
Thursday 19 th July	Caesar Salad with Pepper dews, Parmesan, Eggs, Garlic Croutes, Cos & Caesar Dressing
Friday 20 th July	Israeli Cous Cous with Shaved Pumpkin, Sugar Snaps, Apples, Pomegranate Dressing

0800 WOLFBITE or 09 571 0157

orders@littlewolf.co.nz

www.littlewolf.co.nz

Heated items leave our kitchen hot but may arrive warm. For safety, please consume within 90 minutes. LittleWolf cannot be responsible for items consumed after this time.





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Week 3

Monday 23 rd July	Crispy Noodles Salad with Daikon, Lotus Roots, Snow Peas, Saffron Carrots & Sesame Dressing (df)
Tuesday 24 th July	Charred Broccoli, Kohlrabi, Mixed Sprouts, Toasted Almonds, Green Olives & Tahini Dressing (gf) (df)
Wednesday 25 th July	Roasted Red Peppers, Capers, Baby Spinach, Artichokes, Lemon Ricotta & Balsamic Vinaigrette (gf)
Thursday 26 th July	Black Rice with Soy Beans, Sprouts, Asian Slaw, Cashews & Tamarind Lime Dressing (gf df)
Friday 27 th July	Rocket, Red Onion, Sugar Snaps, Crunchy Combo, Carrots, Bocconcini & Sherry Vinaigrette (gf df)

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