

# MEDITERRANEAN

## *Inspired Salad Creations*

FRESH • WHOLESOME • NOURISHING

### SANTORINI GLOW SALAD

Cherry tomatoes, cucumber, red onion, vegan feta, black olives, oregano, and cold-pressed olive oil.

Per 100g: 120 kcal | Protein: 3g | Fat: 9g | Carbs: 6g

Description: Light and bright with a tangy Greek flair – the perfect refreshing starter.

### AEGEAN GRAIN BOWL

Quinoa, grilled zucchini, cherry tomatoes, chickpeas, and a lemon-tahini drizzle.

Per 100g: 145 kcal | Protein: 4g | Fat: 7g | Carbs: 15g

Description: Earthy and zesty, a nutrient-dense salad that fuels long-lasting energy.

### MEDITERRANEAN TEMPEH HARVEST

Bali tempeh, roasted red pepper, baby spinach, sun-dried tomatoes, and olive tapenade.

Per 100g: 160 kcal | Protein: 8g | Fat: 9g | Carbs: 8g

Description: A perfect balance of Bali tradition and Mediterranean soul.

### LEMON OLIVE ORZO SALAD

Gluten-free orzo pasta, arugula, cucumber, green olives, and preserved lemon dressing.

Per 100g: 150 kcal | Protein: 4g | Fat: 6g | Carbs: 18g

Description: A modern, tangy twist with refreshing Mediterranean zest.

### CRETE GARDEN BOWL

Roasted eggplant, capsicum, cherry tomatoes, and tahini yogurt dressing.

Per 100g: 135 kcal | Protein: 3g | Fat: 8g | Carbs: 12g

Description: Smoky, creamy, and herbaceous – rich in Mediterranean warmth.

HEALTHY  
LIFESTYLE  
KITCHEN

100% GLUTEN FREE  
CELIAC SAFE KITCHEN



## **BALI-MED FUSION SALAD**

Grilled tempeh, basil pesto (no nuts), roasted pumpkin, and cherry tomatoes.

Per 100g: 170 kcal | Protein: 6g | Fat: 10g | Carbs: 12g

Description: Comforting and nourishing – where Mediterranean herbs meet Bali's earthiness.

## **CHICKPEA & CARAMELIZED ONION BOWL**

Spiced chickpeas, caramelized onion, roasted carrot, and parsley dressing.

Per 100g: 155 kcal | Protein: 5g | Fat: 7g | Carbs: 16g

Description: Sweet and savory harmony in every bite.

## **GRILLED VEGGIE MOSAIC**

Grilled capsicum, zucchini, and eggplant layered over herbed quinoa and balsamic glaze.

Per 100g: 140 kcal | Protein: 4g | Fat: 6g | Carbs: 15g

Description: A rainbow of smoky vegetables kissed with balsamic.

## **CITRUS LENTIL SALAD**

Brown lentils, orange segments, mint, and olive oil dressing.

Per 100g: 130 kcal | Protein: 6g | Fat: 4g | Carbs: 14g

Description: Zesty and bright – an uplifting fusion of fruit and earthy lentils.

## **MEDITERRANEAN PEARL BOWL**

Buckwheat, cherry tomato confit, baby spinach, roasted capsicum, and olive dressing.

Per 100g: 145 kcal | Protein: 5g | Fat: 5g | Carbs: 16g

Description: A grounding yet refreshing dish inspired by coastal flavours and mindful living.

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CELIAC SAFE KITCHEN**