

VEGAN

Fresh Salads

TROPICAL GLOW SALAD

Ingredients: Mango, cucumber, red cabbage, mint, lime dressing, sesame seeds. Description: A refreshing, juicy salad bursting with tropical sweetness and crunch. Calories: 220 | Protein: 3g | Fats: 8g | Carbs: 32g

GREEN GODDESS BOWL

Ingredients: Kale, avocado, cucumber, edamame, pumpkin seeds, lemon-tahini dressing. Description: Creamy avocado and crisp greens unite in a zesty tahini-lemon blend. Calories: 280 | Protein: 10g | Fats: 18g | Carbs: 16g

BEETROOT & ORANGE HARMONY

Ingredients: Roasted beetroot, orange slices, rocket, sunflower seeds, balsamic glaze. Description: Earthy beets meet bright citrus in a harmony of colour and flavour. Calories: 240 | Protein: 5g | Fats: 10g | Carbs: 30g

ASIAN CRUNCH SALAD

Ingredients: Shredded cabbage, carrots, tofu cubes, sesame oil, tamari, lime. Description: A lively mix of textures with a tangy sesame-tamari dressing. Calories: 260 | Protein: 12g | Fats: 14g | Carbs: 18g

MEDITERRANEAN BLISS

Ingredients: Cherry tomatoes, cucumber, olives, roasted red pepper, olive oil, oregano. Description: A light, sun-kissed salad inspired by coastal Mediterranean Flavors. Calories: 230 | Protein: 5g | Fats: 14g | Carbs: 18g

HEALTHY
LIFESTYLE
KITCHEN

100% GLUTEN FREE
CELIAC SAFE KITCHEN



RAINBOW QUINOA POWER SALAD

Ingredients: Quinoa, spinach, chickpeas, corn, bell peppers, lime vinaigrette. Description: Packed with plant protein and colour for energy and balance. Calories: 300 | Protein: 12g | Fats: 10g | Carbs: 40g

SWEET POTATO & TAHINI WARM SALAD

Ingredients: Roasted sweet potato, spinach, tahini drizzle, black sesame. Description: Warm, caramelized sweet potatoes meet creamy tahini in a comforting bowl. Calories: 310 | Protein: 8g | Fats: 15g | Carbs: 38g

ZESTY GREEN BEAN & BROCCOLI SALAD

Ingredients: Steamed green beans, broccoli florets, lemon zest, garlic oil. Description: Bright, crisp greens tossed in lemony garlic dressing. Calories: 190 | Protein: 6g | Fats: 10g | Carbs: 18g

AVOCADO CITRUS DELIGHT

Ingredients: Avocado, grapefruit, cucumber, mixed greens, orange vinaigrette. Description: Creamy avocado balanced with citrus tang and crunch. Calories: 270 | Protein: 4g | Fats: 20g | Carbs: 22g

COCONUT & CARROT SLAW

Ingredients: Shredded carrots, coconut flakes, lime, coriander, chili flakes. Description: A tropical twist on classic slaw – light, tangy, and vibrant. Calories: 200 | Protein: 3g | Fats: 12g | Carbs: 22g

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