

# HEALTHY CHOICES

## SALAD & SPUD BAR MENU

ROYAL MELBOURNE HOSPITAL,  
300 GRATTAN STREET, PARKVILLE

### SALAD MENU

#### MIDDLE EASTERN FALAFEL

Baby Cos Lettuce, Cous-Cous, Tomato, Cucumber, Capsicum, Fried Bread, Falafel, Chickpea, Sumac, Continental Parsley & Tahini Dressing (V/DF)

#### MEXICAN POKE

Baby Cos Lettuce, Brown Rice, Slow Cooked Pulled Beef, Red Kidney Beans, Corn, Cucumber, Tomato, Guacamole, Red Onion, Coriander, Sour Cream & Vegetable Relish Dressing (GF)

#### PORTUGUESE CHICKEN SALAD

Baby Cos Lettuce, Spinach, Cous-Cous, Peri-Peri Chicken, Roasted Pumpkin, Cucumber, Tomato, Corn, Coriander & Peri-Peri Dressing (DF)

#### SUPERFOOD BOWL

Kale, Purple Cabbage, Quinoa, Broccoli, Lentils, Chickpeas, Cranberry, Corn, Red Onion, Pepitas & Minted Honey Yoghurt (DF/GF)  
OR, MAKE IT VEGAN - Swap to an Olive Oil Dressing & Organic Maple Vinaigrette (V/GF)

#### SALMON SALAD

Baby Cos, Brown Rice, Spinach, Grilled Salmon, Guacamole, Roasted Pumpkin, Red Onion, Cucumber, Lite Mayonnaise, Pepitas & Pesto Dressing (DF/GF)

#### SWEET POTATO SUPREME

Kale, Cous-Cous, Tofu, Chickpeas, Sweet Potato, Broccoli, Cranberries, Red Onion, Pepitas & Tahini Dressing (V)

#### THAI BEEF SALAD

Pulled Beef, Hokkien Noodles, Corn, Capsicum, Wombok, Red Cabbage, Cucumber, Tomato, Bean Shoots & Thai Dressing

#### VIETNAMESE SALAD

Grilled Fish OR Pulled Pork, Red Cabbage, Wombok, Vietnamese Mint, Coriander, Rice Noodles, Capsicum, Cucumber, Bean Shoots & Vietnamese Dressing (DF)

#### KATSUMO SALAD

Crispy Chicken, Wombok, Red Kidney Beans, Capsicum, Rocket, Cucumber, Red Onion, Pumpkin, Bean Shoots, Lite Mayonnaise & Teriyaki Dressing (DF)

#### SOUTHERN CHICKEN SALAD

Brown Rice, Southern Crispy Chicken, Red Kidney Beans, Corn, Capsicum, Cucumber, Tomato, Guacamole, Red Onion, Coriander, Sour Cream & Vegetable Relish Dressing

#### DIETARIES:

VEG - Vegetarian / V - Vegan

GF - Gluten Free / DF - Dairy Free

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### BUILD YOUR OWN SALAD / \$10.9

#### STEP 1

BASE  
2 OPTIONS INCLUDED

BABY COS LETTUCE  
BROWN RICE  
COUS COUS  
HOKKIEN NOODLES  
KALE  
MIXED LETTUCE  
PURPLE CABBAGE  
RICE NOODLES  
ROCKET  
SPINACH

#### STEP 3

2 OPTIONS INCLUDED

BEAN SHOOTS	PEPITAS
FRIED LEBANESE BREAD	PESTO
GUACAMOLE	SHAVED PARMESAN
HUMMUS	SOUR CREAM
LOT FAT MAYONNAISE	SUMAC
MINTED YOGHURT	

#### STEP 2

4 OPTIONS INCLUDED

BROCCOLI  
CARROT  
CAULIFLOWER  
CHICKPEAS  
CORN  
CRANBERRIES  
CUCUMBER  
TOMATO  
CORIANDER  
FALAFEL  
GRILLED ONION  
LENTILS  
RADISH  
RED KIDNEY BEANS  
RED ONION  
ROASTED BEETROOT  
JAPANESE PUMPKIN  
SWEET POTATO

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#### STEP 4

##### DRESSING

1 OPTION INCLUDED

**BALSAMIC & ORANGE DRESSING**  
**TAHINI DRESSING**  
**THAI DRESSING**  
**VEGETABLE RELISH DRESSING**  
**OLIVE OIL & ORGANIC MAPLE VINAIGRETTE**  
**PESTO DRESSING**  
**TERIYAKI DRESSING**  
**VIETNAMESE DRESSING**  
**PERI-PERI DRESSING**

#### PROTEIN &

##### DAIRY

ADDITIONAL

**BACON**  
**BOILED EGG**  
**CRISPY SOUTHERN CHICKEN**  
**FALAFEL**  
**FETTA**  
**FISH FILLET**  
**GRILLED SALMON**  
**PERI-PERI CHICKEN**  
**SLOW COOKED PULLED BEEF**  
**SLOW COOKED PULLED PORK**  
**TOFU**  
**TUNA**



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### HOT SPUD MENU

#### CHOOSE FROM: PLAIN SPUD/ SWEET POTATO OR PUMPKIN

##### PLAIN SPUD

Oven Baked Potato, Melted Butter & Sour Cream  
(VEG/GF)

##### TRADITIONAL SPUD

Oven Baked Potato, Melted Butter, Tasty Cheese,  
Coleslaw & Sour Cream (VEG/GF)

##### CHICKEN PERI-PERI SPUD

Oven Baked Potato, Melted Butter, Tasty Cheese,  
Peri-Peri Chicken, Pineapple, Rocket, Tomato &  
Crunchy Shallot (GF)

##### PULLED PORK SPUD

Oven Baked Potato, Melted Butter, Pulled Pork,  
Grilled Onion, Baby Spinach, Tomato, Guacamole,  
Jalapenos & BBQ Sauce (GF)

##### MEDITERRANEAN SPUD

Oven Baked Potato, Melted Butter, Tasty Cheese,  
Grilled Eggplant & Zucchini, Onion, Capsicum, Corn  
& Sour Cream (VEG/GF)

##### TUNA BAKE SPUD

Oven Baked Potato, Melted Butter, Tasty Cheese,  
Coleslaw, Tomato, Corn, Flaked Tuna, Sour Cream  
& Guacamole (GF)

##### MEXICAN VEGE SPUD

Oven Baked Potato, Melted Butter, Coleslaw,  
Black Bean, Tomato, Corn Chips, Jalapenos,  
Pepitas & Coriander (VEG)

##### HAWAIIAN SPUD

Oven Baked Potato, Melted Butter, Tasty Cheese,  
Egg, Bacon, Tomato, Pineapple & Caramelized Onion  
(GF)

##### CHILLI CON CARNE SPUD

Oven Baked Potato, Melted Butter, Tasty Cheese,  
Bolognese, Red Kidney Beans, Guacamole  
& Sour Cream (GF)

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